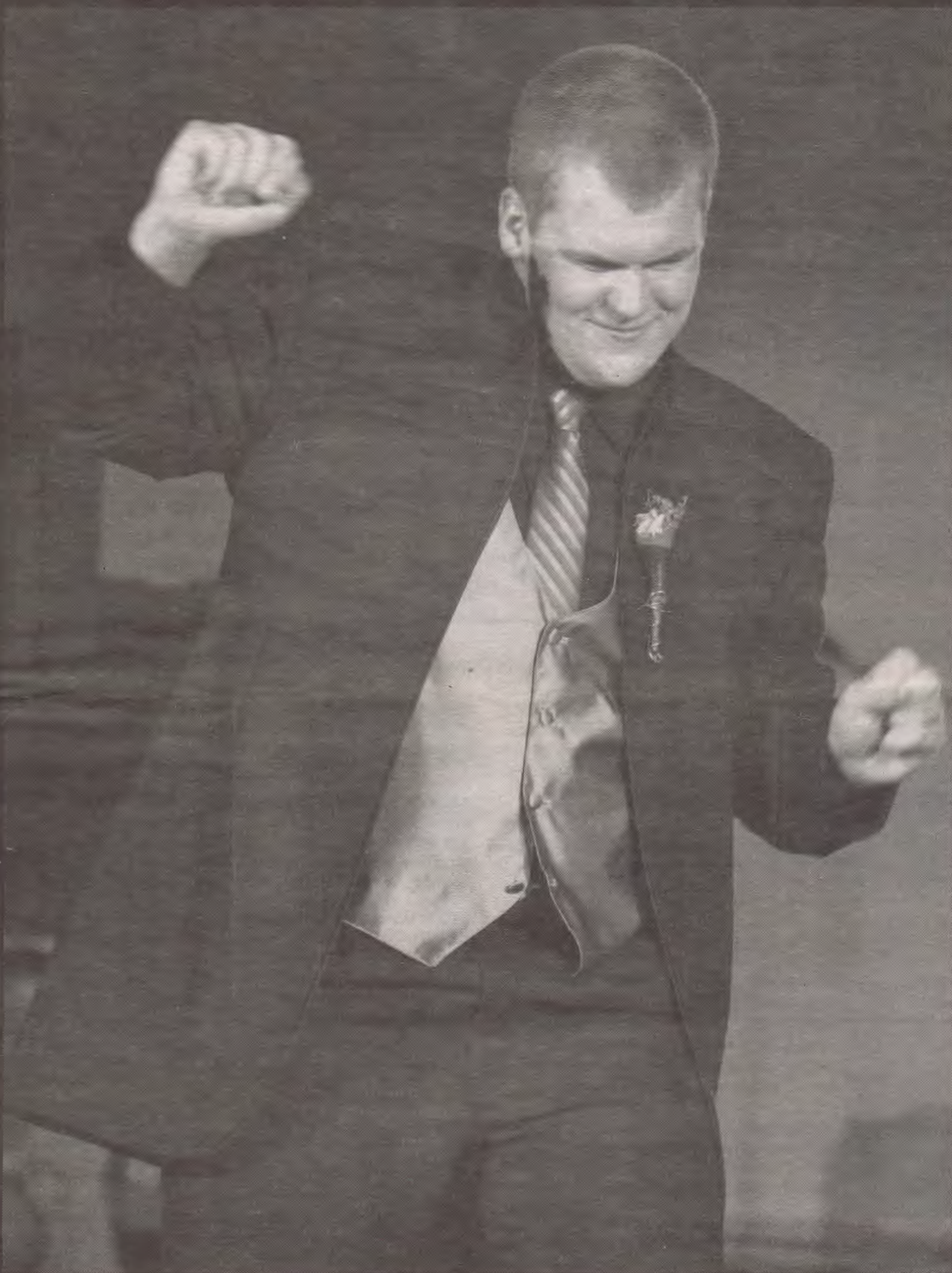


MOUTH OF THE RIVER

OYSTER RIVER HIGH SCHOOL DURHAM, NH 03824 ISSUE FOUR APRIL 14, 2011

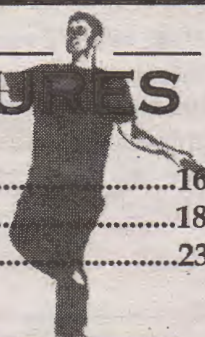


NEWS



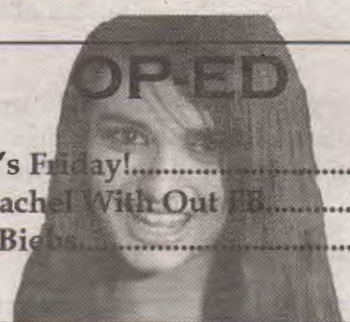
Kate Day.....	3
Vinyl.....	6
Dangers of Diet Soda.....	11

FEATURES



Self- Defense.....	16
Teacher Babies.....	18
Dancing.....	23

OP-ED



It's Friday!.....	28
Rachel With Out FB.....	30
J-Biebs.....	33

SPORTS



Spring Sports Preview.....	34
Athelete of the Issue.....	56
M.C. Phee.....	39

NEW O.R. SCHOOL BOARD MEMBERS



Danielle Walczak
News Writer



Megan McGregor
News Writer



Ben Belanger
Editor-in-Chief

MEGAN TURNBULL



Megan Turnbull is a Durham resident who was recently sworn in as an "at-large" member of the Oyster River School Board. She has a professional background in marketing/project management. She has two daughters in the school district and since moving to Durham in 2006, has been very involved in the Oyster River community. If you would like to find out more information about Megan Turnbull you can visit her website at www.megturnbull.com

MOR: How long have you been interested in being on the OR school board? MT: Since moving to the area about four years ago, I began considering serving on the OR school board. I realized once I had my two daughters that I would be involved in their educations and our school district.

MOR: Since election, what is your main goal on the school board? MT: Over the next year, my primary goal will be to hire a new superintendent. I also hope to improve communication

and open up more dialogue directly with educators and students.

MOR: What was the best/ worst experience during the campaign?

MT: The best experience was meeting different members of the community and getting to know my fellow candidates as well. The worst experience was standing outside and freezing during the last few hours on Election Day.

MOR: What was your worst or funniest memory of high school?

MT: My worst memory of high school was the cliques. I was quite shy and did not like the "clique-ness" in my high school. My most funny memory was putting together silly skits for my senior English class based upon Macbeth. We videotaped our skits and had a blast producing them.

MOR: What do you feel is the biggest issue with the current school district? MT: Meeting our district mission is our greatest challenge.

How can we work together to engage every learner? We can always strive for improvement and find new ways to allow each student to reach his/her full potential.

MOR: What's your favorite song? MT: My favorite song is "Pride" by U2.

ANN LANE



Ann Lane is a Durham resident who was sworn in as an "at-large" member of the Oyster River School Board. She currently has a son and daughter in the Oyster River school district and one son who has already graduated. She has been involved in the school district and PTO.

MOR: How long have you been interested in being on the OR school board? AL: I have been interested in our school community since my family moved here in 2004. I took a particular interest in the school board in 2005.

MOR: Since election, what is your main goal on the school board?

AL: To ensure a thorough, inclusive and comprehensive superintendent search.

MOR: What was the best/ worst experience during the campaign? AL: Active campaigning provides a legitimate opportunity to listen to the interests, hopes and fears of the constituent base. That is the best part. The worst is placing and maintaining signs in snow.

MOR: What was your worst or funniest memory of high school? AL: I attended three high schools and two junior high schools as a result of my father's career promotions. I still remember the embarrassment and pain of walking straight into a plate glass door, that appeared to be an opening, on my first day of Bedford Junior High School.

MOR: What do you feel is the biggest issue with the current school district? AL: Securing the right superintendent.

MOR: What's your favorite song? AL: What ever my daughter is singing at the moment!

JIM KACH



Jim Kach is a Madbury resident who is continuing as the Madbury "at-large" representative on the schoolboard.

MOR: How long have you been interested in being on the OR school board? JK: Since I found out that nobody else wanted to do it. I thought that was reprehensible.

MOR: Since election, what is your main goal on the school board? JK: OR is considered and statistically within the top half dozen schools in NH. I would like to see this school blow the doors off the competition. Why aren't we the best in the state? Why aren't we recognized in New England? That's my goal, and to keep those goals within a sustainable budget.

MOR: What was the best/ worst experience during the campaign? JK: Best was realizing that a lot of people wanted me to be on the school board and meeting a lot of new people. Worst

was finding out I was running against a good friend of my son's (Susan Willer). I just kept thinking "I want to run against someone I don't like!"

MOR: What was your worst or funniest memory of high school? JK: Least favorite high school memory was the death of a kid I played football with. That was the saddest thing that's happened in my life, aside from the deaths of my parents. His loss hurt. I never dated in high school, so I didn't have that sort of emotional hurting. All I did was play football.

MOR: What do you feel is the biggest issue with the current school district? JK: Capital-c communication. There are too many things being done without everyone's say. That's called closed door, sneaky politics. Dude, I'm an open book. I mean, my Facebook is my Facebook. There are pictures of me on there from the 60s - I don't care.

MOR: What's your favorite song? JK: There's so many, man. You know, that Hawaiian guy who plays the ukulele? (Israel Kamakawiwo'ole, Somewhere Over the Rainbow) I love what he does with that. I think Eminem is very creative, as well. "What happened?" by Becca Bromlin. I even started a Facebook page for her!



Brenna Cahill
Guest Writer

KATE MESSLER DAY

Oyster River High School's own Kate Messler boldly played in the Womens' Varsity Basketball game against Sanborn High School. The game took place within the Oyster River Bobcats' home gym on February 17th, 2011. This was Senior Kate

Messler's first varsity basketball game.

Upon Messler's first entry into the game, she played strong offense, scoring a smooth three point shot from her 'sweet spot' on the court. She remained strong on defense, remembering to keep her hands up.

Messler entered the game a three different times, scoring a total, and career high of six points. Possibly the most memorable moment of the game was the last few seconds. As the clock was winding down, Oyster River had possession of the ball. Senior Gennifer Davidson inbounded the ball to Messler. She then dribbled down to her

'sweet-spot', just out side of the three point arc and launched a shot as the buzzer sounded. "Everyone was really hopefully that when she shot the ball it would go in, and when it did, everyone felt the excitement," Junior Chole Piel, and neighbor the Messler family, shared. The crowd erupted with joy and even rushed the court. It was a perfect game for Messler that day.

Not only did this momentous basketball game affect the Oyster

River community, but the game caught the eye of New Hampshire's governor, John Lynch. He felt that the game displayed great camaraderie and teamwork for both teams. Lynch was so inspired by Messler's hard work and devo-



Gathered in the Oyster River High School auditorium, Governor John Lynch begins the presentation of 'Kate Day'. Messler is still under the assumption that her team is being honored for the great season they had.

tion that he decided to name a day in New Hampshire after Messler herself. The day was to be know as simply 'Kate Day'. And on this day, everyone was to be encouraged to try their best, and pursue their goals, just as Kate Messler had previously done.



Governor Lynch asks Messler to join him at the podium for a surprise that he will soon reveal.



After explaining that this event was truly being held for Messler, Governor Lynch surprised her with a document declaring that March 18th would be forever known as 'Kate Messler Day'.



The auditorium, filled with Oyster River students and staff erupted in applause over the newly declared 'Kate Messler Day'.



Coach Dave Nichols, proudly speaks of his rewarding season with Messler.

Messler describes her feelings while at the ceremony. "I was excited about it. It made me pretty happy!"

Messler's proud family watches the event while smiling from ear to ear. From left to right: mother Patricia, father John, and younger sister Sara. Not pictured: older sister Carol.



The Oyster River and Sanborn High School basketball teams pose together, with Governor John Lynch at the end of the festivities. Messler's teammate, Junior Riley Maynard shares that the event "was really cool. It was great to see the Sanborn team there showing their support."



THEY JUST DID NOT MAKE THE CUT

COURSE ELIMINATIONS CAUSE CONTROVERSY



Megan McGregor
News Writer

As the bell rings, the hallways begin to crowd with kids walking briskly to their most challenging classes: Advanced chemistry, AP US history, AP French and Spanish and Advanced Publications. But, this won't be the case for the students in Oyster River High School

for the 2011-2012 school year.

Breaking news: these classes are being cut for next year due to the lack of student enrollment. The school board had recently advocated a minimum enrollment policy at the high school. Any courses with less than ten students enrolled, would be cut. "It is important to know it is the number of kids that sign up that determine whether a class will run or not," Principal Laura Rogers said.

The Breakdown

On Wednesday, March 16th Rogers gave a detailed PowerPoint presentation to the public during a school board meeting outlining the new schedule changes for the 2011-2012 school year. Included in her presentation were the steps in the scheduling process.

Classes are scheduled for the following year based upon student enrollment. Each student receives a program of studies and attends the elective fair where they have the ability to approach teachers and ask questions about their classes. The guidance department conducts information sessions by each grade, and also meets with individuals in order to help students throughout the class selection process. Parents of current students receive a notification via Edline that course registration

"I don't think people in the town realize the large amount of classes that the high school has to offer."

- Cody Jacobsen

has begun. For parents of 8th graders there is an '8th Grade Parents Night' where they can become more familiar with the system of choosing classes. After students have submitted their course requests a tally goes to the department heads then, teachers in the department meet and work through how many selections of each course would yield optimum numbers. In many departments, prerequisites are checked and if there are any uncertainties the department head and principal meet to make a final decision.

Community Opinions

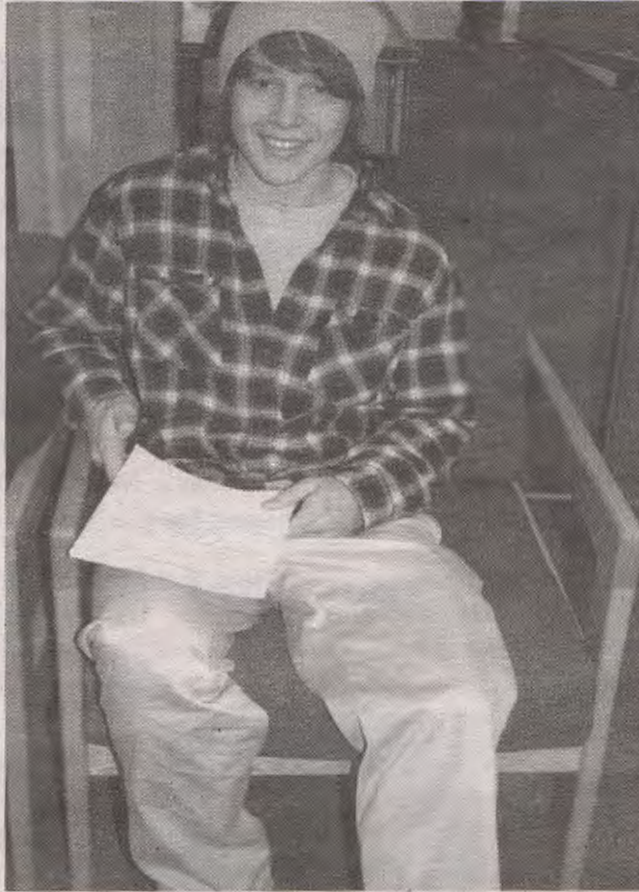
Students, parents and community members alike have all voiced their opinions about the cuts in classes for next year. Cody Jacobsen, a junior at Oyster River High School, thinks that student choice factors into class enrollment. "Personally I would much rather take an (Social Studies) elective than AP US History and clearly that is a general feeling throughout the school." Jacobsen felt that the public doesn't appreciate the variety of course offerings at Oyster

River. "I don't think people in the town realize the large amount of classes that the high school has to offer."

Joe Lane, a junior at Oyster River has different feelings than Jacobsen. "I would have liked to take AP US History, even though it is all straight out of the textbook and guidance tells me AP courses appeal to colleges." Lane said that there is student disappointment about the some of the class cuts. "As for the AP languages, I wasn't planning on taking one but speaking for some of my classmates, they seem to be sort of bummed out." Lane's frustrations with the course cuts seem to come from his impression that these are the kinds of courses that colleges are looking for. "Guidance has also always told me to take the hardest course load that I could handle to seem more appealing to colleges. I do believe that I have retained more from classes that aren't from a textbook, but I do think that colleges would rather see AP than a non AP."

One of the classes that has changed from an in school class to an outside of school club is the Yearbook or Advanced Publications. Shauna Horsley, an English teacher at the high school, is the current advisor of the yearbook and will be resigning her title for the 2011-

2012 school year. "The class is being cut because only two students signed up. You can't produce a yearbook like ours with only two kids. You can't run a class with only two students!" Horsley's general feelings about yearbook are positive. "The class offers students some unique leadership opportunities, and a chance to learn skills that may not be practiced in a more traditional classroom setting," Horsley said. Because the class is seen as a necessity in the school it will remain a part of Oyster River, but is now an after school club. "If the yearbook is not



Cody Jacobsen reads the program of studies trying to choose which classes to take.

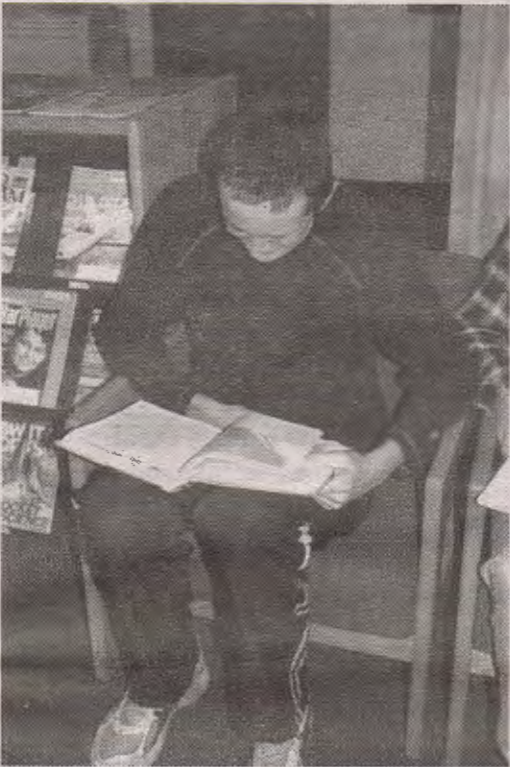
Classes being cut for 2012

- Advanced Publications- English (2 students)
- Journalism II/MOR- English (6 students)
- Advanced World Cultures- SS (9 students)
- AP US History- SS (4 students)
- Adv. Chem (1 students)
- AP French (10 students)
- AP Spanish (9 students)
- Accel. French I (10 students)
- Accel. Spanish I (6 students)
- Intro to Art History (5 students)
- Fashion Design (5 students)
- Art of Communication- Drama (7 students)

...continued from page 4

published in a class, the book will inevitably be very different. It will have to be smaller with fewer pictures and very few(if any) student profiles." Horsley recalls her previous experiences as advisor when the yearbook was a club. "It will go back to being what it was like before yearbook was a class. It's not necessarily bad, it's just different. Students need to understand that their book will be very different next year." Horsley wishes the best to all Oyster River yearbook members, as she knows the pressures as well as the overwhelming feeling you receive when everyone is opening up their yearbook. "My advice is that people who care about their yearbook need to make a serious commitment to it. Without student initiative and interest, the book won't be meaningful to the students who buy it."

Recently elected school board member Ann Lane is not only an avid member of the Oyster River community, but a parent of a junior at the high school, Joe Lane. She has concerns about the cutting of advanced classes at Oyster River. "I believe that our district has a responsibility and the ability to provide adequate educational opportunities to all of our students. That is our moral obligation."



Joe Lane smiles while reading the AP US History textbook, upset that he is unable to take the class next year.

With a son in college and one starting to make choices that influence his future, Lane is concerned about the risk of limiting students' abilities to challenge themselves. "My son's educational opportunities beyond high school will be determined by his performance while in high school. His ability to academically define himself is limited to the course offerings." As a school board member, Ann Lane states her current plans for to address the problem at hand are to "engage all stakeholders - parents, teachers, staff and students - in our district goal identification and setting process."

What's the school doing to give alternatives

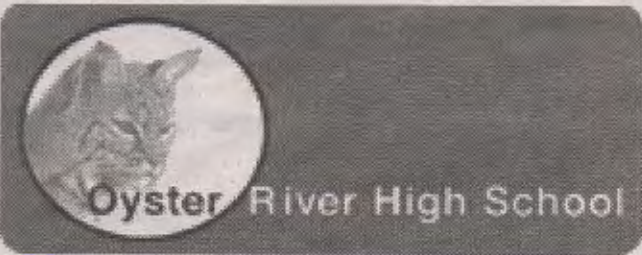
Also in her presentation, Rogers included alternatives for students who want more course offerings. Students can enroll in UNH classes with the help of the guidance department as well as apply for internships and sign up for online VLAC courses. Due to the lack of students who signed up for AP French (10 students) and AP Spanish (9 students) there will not be a class assigned specifically for AP languages, rather they will be mixed in with the regular language 5 classes. "I think that it's kind of a crazy idea," said Austin Alphonse, a junior at Oyster River High School, who plans on taking Spanish 5 next year. "I think part of the draw for taking a language course here at ORHS are the AP classes, and now that they will be combined I think less people will be interested in taking them."

To address concerns like Alphonse's, there is a new option to students for the 2011-2012 school year to take a summer test prep course. This course is going to be run by Spanish teacher, Tom Hausmann and French teacher, Steve Lord. "These classes are a great opportunity for students who wanted to take an AP language, but are unable to. This gives them an opportunity to be as equally prepared for the AP test" said Rogers.

One problem that next year's seniors have is the dwindling class numbers. The 2012 graduating senior class has 156 students, which is about a 20 person difference from the 174 students in the graduating 2011 senior class. "It does make a difference in the amount that would have taken AP classes," Rogers says.

Regardless of how you feel about the classes getting cut, it is pretty much a done deal. "It's very hard to run a class when just one student signed up for Advanced Chemistry," said Rogers.

Any comments , questions or concerns? Feel free to email us at mouthoftheriver2011@gmail.com.



Upcoming School Board Meetings

- April 27.....High School, Room C124
- May 11High School, Room C124
- May 25High School, Room C124
- June 8High School, Room C124
- June 22High School, Room C124

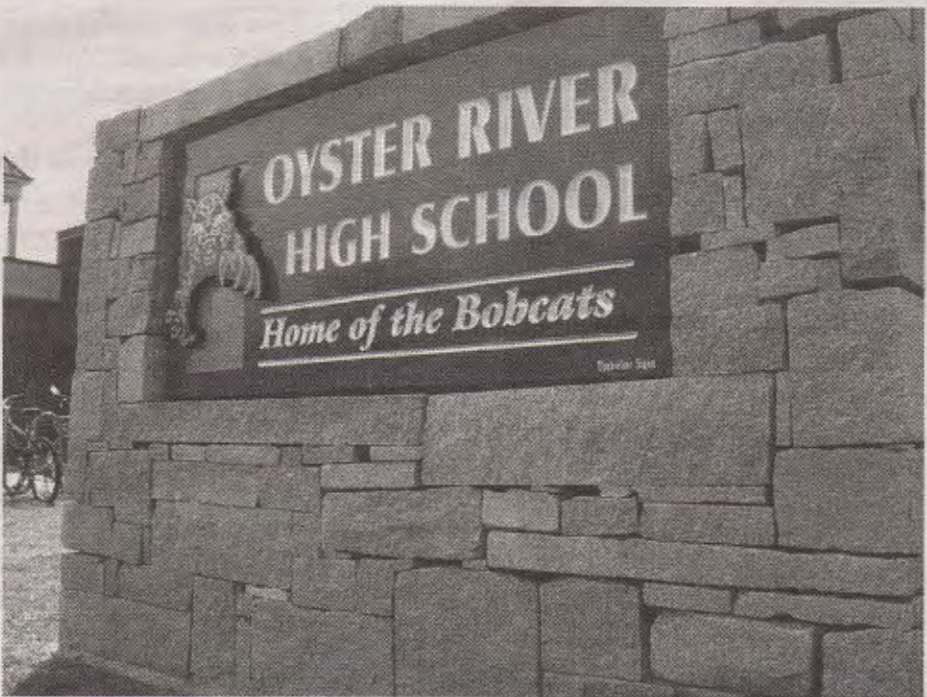


Photo courtesy of Google images

VINYL RECORDS IN, DOWNLOADS OUT



Alex Harling
News Writer

"You spin me right round, baby right round, like a record, baby right round round round."

These famous lyrics from Dead or Alive's 1984 hit has been heard by most music fans and seems as though it could remain a classic for many years to come. Although the song may be remembered, what is to come of the future of vinyl records?

The format of music has changed many times since music was first distributed to paying consumers. Today, it is extremely easy to get almost any song you want for very cheap and even free thanks to the internet. Pirating music has helped add to the downfall of the music industry. Copying music illegally first began in the 80s with home taping.

These tapes could easily be swapped between friends and could feature the songs you wanted, producing the "mix tape." The next big step in music pirating was the invention of the website Napster in 1999. Since then pirating has increased and record companies have continued to try to get a hold of their music. From

cated people can agree on is that music has lost its importance in this digital age. Britt Daniel from the band Spoon said in SPIN Magazine, "If you don't care about music, keep downloading. If you hear garbage on the radio, you have only yourself to blame." Although there is no way of telling for sure what the precise cause is, the fact

can not capture the complete sound wave. Some sounds from a song will be lost in the recording. Songs with quick transitions will be distorted and not sound as it was meant to be when played back through a digital recording. The difference in the sound quality is the type of recording. A vinyl record is an analog recording and CDs are a digital

recording. Original sound is analog by definition. "(Vinyl) Records are for the people who care about the music and want to hear all the notes and tones," Rob Quaglieri said. "You get a whole new sound."

Many people think turntables are just for old music and most of the records are in beat up shape. In fact, you can get many new releases (as well as the old beat up ones, if that's your thing). Mumford and Sons' "Sigh No More," Eminem's "Recovery," Bright Eyes' "The People's Key," Kanye West's "My Beautiful Dark Twisted Fantasy," The Black Keys' "Brothers," and The Decemberists' "The King is Dead" are very popular new releases on vinyl. These albums also come with a free digital download so you can take

the music on the go and you can have the best of both worlds. "When you buy an album on vinyl,

most of the time there is a poster tucked inside the sleeve where the record is," Andras Palfi, a vinyl lover said.

Vinyl also provides a very appealing social aspect unlike iPods and other mp3 players. "I see people everywhere with a single ear bud indefinitely attached to their ear listening to their iPod," Oyster River Junior



From left to right, Andras Palfi, Christian Sbrilli and Emmet Todd meticulously search for their favorite albums.

of the matter is music sales are way down.

Despite all the trouble and loss of business, one format of music has actually significantly increased in sales. Vinyl records, also known as LPs, have completely doubled their sales since last year. Although they have a long way to go until they catch up with the sales of digital downloads, the future of vinyl is very bright. Josh Johnson, the owner of Odyssey and Oracle, a record store in Portsmouth said, "It's kind of unpredictable as of now what's going to happen. It never quite died out. DJs kept spinning them and there were always those 'indie' kids interested. Now it seems to be coming back because it's hit 'mainstream.'"

When most people think of LP records, they think of old clunky things and prefer newer music formats because they assume they are better. In fact, vinyl has a more accurate sound than a digital file. The grooves in a vinyl record match the original sound's waveform. CDs and digital recordings



Todd finds a Ratatat album in the new releases section

1999 to 2009, music sales were cut in half. The main arguments pertaining as to why the industry has lost so much money include the economy, illegal downloads and that the music of today is only "skin deep."

One thing that most edu-

"If you don't care about music, keep downloading. If you hear garbage on the radio, you have only yourself to blame."



Sbrilli searches for classic albums.

Christian Sbrilli said. "Since it is impossible to listen to vinyl on the go, it forces you to

sit down and enjoy it. It makes it easy to just listen to music with friends."

Listening to an LP also makes the idea of listening to the whole album, not just the hit songs more important. "It's great that vinyl is coming back,"

Continued on page 7...

....continued from page 6

said Lou Mroz, "people just buy the songs they know and miss out on the rest of the album." Martin Brewer said, "If you want convenience, go digital; if you want quality and care about the music, go vinyl."

Vinyl seems to be making a comeback at Oyster River. "Lately a lot of people around

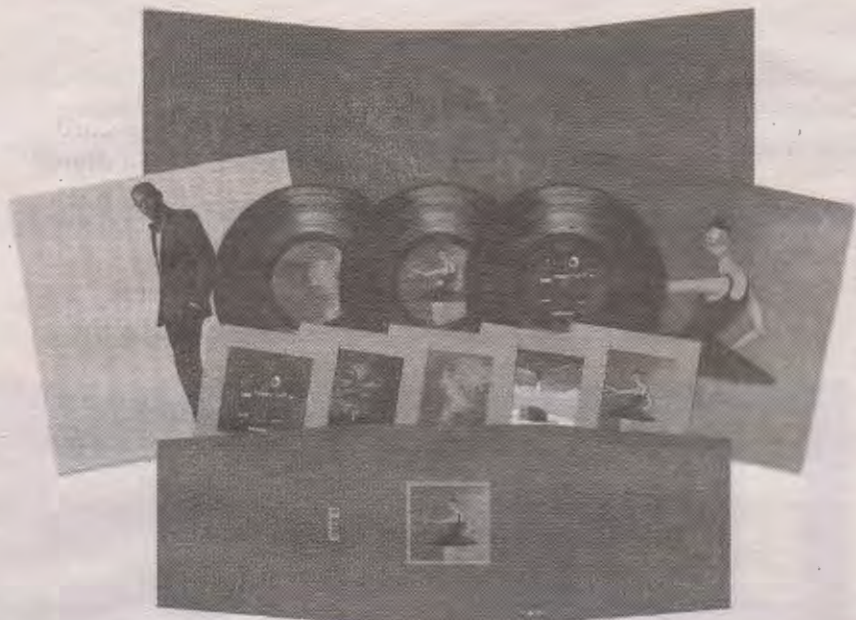
cords provide plenty of fun opportunities for things to do.

Another appealing aspect of records is their size. Marc Laforce said, "It's great

"If you want convenience, go digital; if you want quality and care about the music, go vinyl."

Odyssey and Oracle, Bull Moose Music, and Skele-tone Records and Clothing. Another record store in Dover is said to open sometime around the summer. "More stores are probably going to open up," Johnson said, "a lot of people are just trying to get on the bandwagon. The market could get flooded, but one thing for sure is vinyl is coming back."

Now is the time to start listening to vinyl and fully experience the sound of music. Don't wait too long to increase your listening experience. In the words of Martin Brewer, "it's the purest form of music."

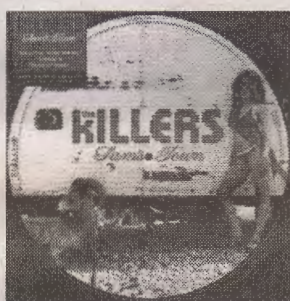


Many new releases are available on vinyl and include large pictures and posters. These extras are not available with a digital download.

to actually be able to read the album cover. With CDs you need cheater glasses." "Half of the experience of music is the artwork, it reflects on the band." Johnson said, "You just can't get that with CDs or a digital music file." "It's a lot more meaningful to pay for something that you can hold

and looks cool," Sbrilli said. "You just can't get that with digital

school have been getting into records," Emerson Maclean said. "It's really great to be able to share this type of things with friends." The days when going to a store to physically buy music and go through the selection of albums seemed to have passed, but, on the contrary, those days are coming back. Graham Peterson said, "It's great to go to record stores with friends and see if you'll find anything interesting. It's also great to then go home and listen to the records you got and just chill." Whatever you prefer, re-



The Killers' Sam's Town was released on special edition colored vinyl.

downloads," Brewer agrees, "It's about the size of the album, you can actually study the artwork." When it comes to music, size does matter.

"I think it's great that music sales are picking up, whether it's vinyl or not," Laforce said. "I am personally pushing for the comeback of 'eight-tracks,' but we'll see how that goes."

Music lately has just been used as an image or fashion for people, for example when walking around with one iPod ear bud in your ear is cool. "They're

old school," Lou Mroz said, "Lou Mroz is old school and records are cool." Vinyl records are slowly becoming the new cool look for music and digital music is becoming boring and far too common.

Currently, Portsmouth is home to three record stores:



The globally known Record Store Day is the coming 16th of April. Record Store Day is an event where hundreds of independent record stores participate worldwide. Special appearances by artists and bands are made along with limited edition releasing of vinyl records and CDs are available only for that day. Show your love of music by showing up and supporting these stores.

"Records are for the people who care about the music and want to hear all the notes and tones. You get a whole new sound"

How to Join the Movement:

Joining the movement and helping with the comeback of vinyl is not as hard as it seems. A new or used turntable can easily be purchased on Craigslist, eBay and most local record stores. You'll also need a receiver and speakers as well as the turntable to properly enjoy the sound of vinyl. Setting up a personal stereo that allows you to enjoy the crisp sound of vinyl will change the way you listen to music forever.





Danielle Walczak
News Writer

“I HAD RATHER BE ON MY FARM THAN BE EMPEROR OF THE WORLD” - GEORGE WASHINGTON

You have to get up in the middle of the night if a sheep is lambing [farm terms for giving birth] and then go to school the next day. If the power goes out you have to not only deal with yourself but all the animals as well. You need a lot more than a gallon of water.” Although that may be a downfall, senior, Amelia Moore will be the first to assure you that this is the only downfall of her farm lifestyle and even if it is a downfall she’s learned to grow from it.

Senior, Tyler Allen will tell you “I can’t think of one, a least favorite part of farming.” In this photo essay, step into the life of Allen and Moore two of an underlying farming sub culture at Oyster River that is about to be uncovered.



MMeet Tyler Allen and Amelia Moore. Allen has been farming since about the age of 3 when his family started growing and selling pumpkins. Later he began working with steer and now owns 4 steer of his own. He also helps care for his grandfather’s 25 beef cows on his farm called Sand Wall. Moore has been farming for as long as she can remember, she began bottle feeding lambs at eighteen months and at eight her family built a barn and began raising sheep year round at her farm Birch Branch.



Moore cares for her sheep every day. “I feel like there is a difference between people who’ve grown up around animals and those who haven’t,” she says. “You can see it in people in school,” she explains. “If someone got hurt or something I think I’d deal with it better because I’ve been in situations where a lamb’s head is stuck and you have to do something that moment or it will die.”



Allen explains that in farming he’s “learned to be responsible. There are a lot of responsibilities.” Moore couldn’t agree more. “You can’t be like ‘oh I don’t feel like feeding the sheep today,’” she kids. “I also am better with deadlines. In school work I have to stay on top of it; I may miss three to four days at a time for fairs and I have to get my work done.” She concludes, “I think I get work done better in school [because of farming].”

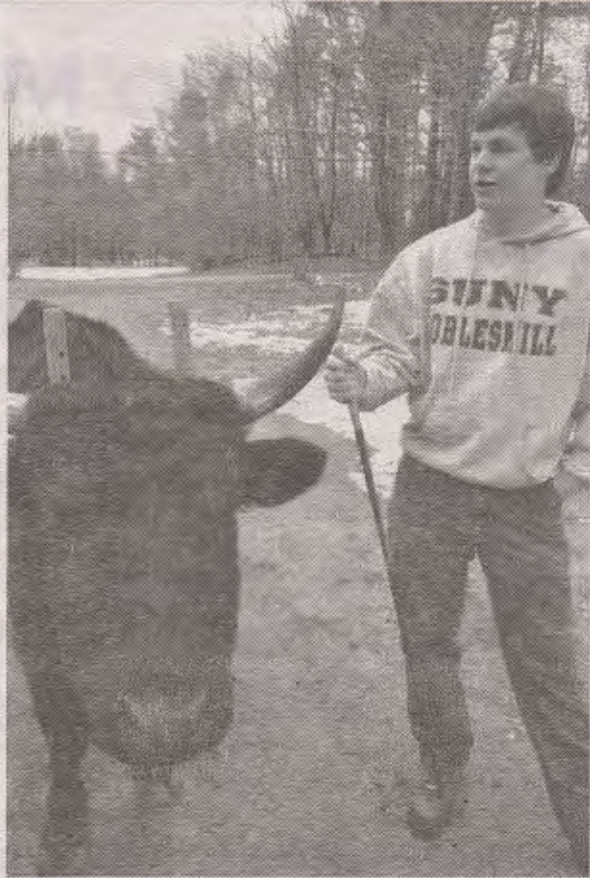


Moore’s favorite experience farming is when her sheep give birth in a process they call lambing. “It gives me an idea about giving birth and what to do and things like that.” She explains that experiencing it on an animal level can help her. “When it comes to human to human, you can detach yourself and relate what you learn to everyday life.”

Continued on page 9...



Allen standing with his steers and his father in the background, explains, "I live next to my grandfather who has owned his farm for most of his life." He says that as his grandfather ages Allen has taken on more responsibilities. "It's in my blood. It's kind of expected. I've grown to like it and might make a career out of it," he says.



Allen enjoys spending time with his grandfather, one of his favorite aspects of farming. "It's relaxing," he says.



Although he wouldn't change much about ORHS Allen does wish that the school had an agricultural course. "People should know more about farming," he says. "No farms, no food."



Moore explains that farming has always been a way of life. Even if she didn't have the choice she says, "Going to the fairs in the summer is really fun. It makes you want to continue. I connect more with people who understand and know about farming."



Moore remembers once when her new lambs were born she had to keep them inside and they stayed with the dogs. "They started following the dogs around and chasing balls like them," she laughs. Moore knows farming is a lifestyle she wants to continue. "It takes people time to get used to the things I say or do. If I mention something about lambing right away they are like 'what?' but as they get to know me they understand me." And maybe we all should.

NO MORE TEXTBOOKS?



Alex Harling
News Writer

Imagine getting rid of all your old textbooks and replacing them with a single device that has all the books you need on it and easily fits in your hand. This may seem similar to a sci-fi movie, but this technology is already being used in a few schools. Could this be in our future?

An electronic book is read on an electronic reader that is extremely portable and very modern. Ebooks are inexpensive when compared to the price of a paperback or hardcover, although the price of an e reader itself can be expensive. Currently, one of the most popular e readers, the Kindle, is the number one bestselling product on the shopping website, Amazon. Along with the



high sales of the Kindle, Amazon's ebook sales are also up and are selling 43% more than hardcover books. Ebooks are also much more affordable than purchasing a hard cover book.

One of the most interesting aspects of the ereaders is their portability. Weighing no more than a paperback, and as thin as a notepad, ereaders are perfect for traveling and can carry a few thousands books. "Kids have to carry a lot around school," said Ms. Pearce, "these devices are great for traveling."

If our school library was to adopt ereaders, the amount would be limited. "There would probably be about one per every ten people," Wally Keniston said, "but who knows if they'll even get used?"

Stefan Dutka, a junior, said, "I like the idea of ereaders and I would defi-

nately read more if I had one. The world is in an electronic age, we have to keep up." Jack Collopy, another junior, disagrees, "I haven't used one yet, but they seem hard to read. I want to be able to flip pages." Currently on our school website, there are actually ebooks available. "Nobody really knows about," Ms. Pearce said, "it's sad they're not getting used." These books can be used by any student who has an e reader.

Ms. Horsley was originally a skeptic of the idea of electronic books, but when she got a Kindle for Christmas from her Mother, she converted. "I really like it and I can bring as many books as I need with me" said Ms.

Horsley. "It's great being able to annotate and look words up right on the device." She also said, "ereaders would be perfect for most english classes and would be great to help get kids involved and enjoy school more."

Most people do not think the best things when regards to e readers if they haven't used one yet. "Everyone who ends up getting one loves it," Joe Lane, a junior said, "most of the people don't think they'll like it though. They are very wrong."

Another teacher, Ms. Drake, who owns a Kindle, said, "The idea seems like a good way to embrace technology in the classroom and could be friendlier to some students rather than large textbooks." But would ereaders really help students, "If I was told to read hamlet, but given the choice between a paper book and an ereader, I would definitely be more motivated to read if I had an ereader" says Dutka. "Ereaders are ideal for people who read the latest novel or the newspaper daily," Wally said, "they can be updated and changed unlike paper books."

Clearwater High School in Clearwater, Florida, has made a complete switch from paper textbooks to the digital format. With the high cost of textbooks and the lowering cost of ereaders, the digital format is looking more and more admissible in schools. "I have not heard of any schools making the switch from text books to ereaders," said Dr. Colter, Oyster River's superintendant. He also said, "I've heard of schools giving each of their students' laptops, which seems like mostly what will eventually happen as a replacement for books and textbooks."

"Everyone who ends up getting one loves it."

Jessica Roehrig, a sophomore at Oyster River High School, received a Nook for Christmas and thinks they would be a good idea to have them in school. "They're really light and you can do other things with it (the Nook) other than read." She said, "I read about two to three books and it's really helpful for me. I don't know a lot of people who have them,

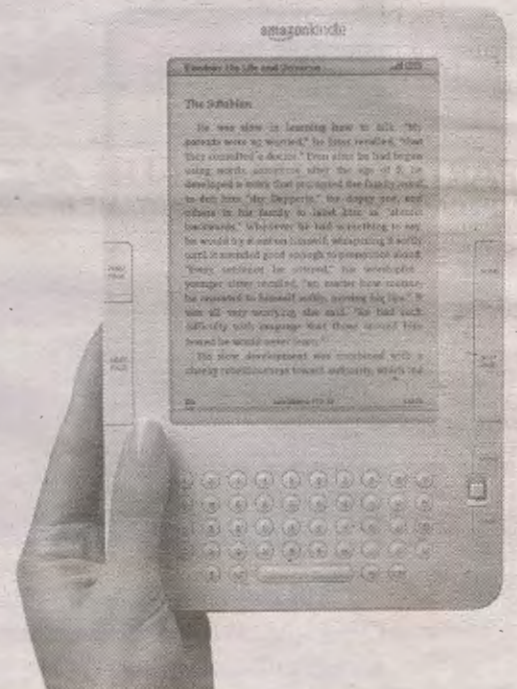
but it's starting to become more popular."

Keniston does not own an ereader device, but getting one could be in his future. "I may get one because books are so much a part of my life," Keniston said, "It's too easy for me to get free books from the library and my bookstore that it doesn't seem really necessary. If you read the latest novels and read about two books a week it makes sense to own an ereader. Sometimes it's just nice

"Most people don't think they'll like e readers. They are very wrong"

to lend your book to someone after you finish reading it. It's hard to do that with an e reader."

Ms. Pearce is really interested in e readers and although she doesn't own one she does a lot of reading on her iPhone. "I am fascinated by them," said Ms. Pearce, "but I don't feel I need one right now since I work



in a library. I bought one for my nephew who's twelve last Christmas and while shopping for one in Best Buy I met a lot of people who were also looking to purchase one as well and I learned a lot about them. They're actually really cool."

Technology in the classroom is becoming more and more a part of school. Ereaders are an excellent way for schools to embrace technology and help kids engage reading. Whether you like the idea or not, one thing is for sure that ereaders are a great way to keep up in this digital age. You may not notice them right now, or care more for paperback books, but in a few years, things will drastically change.

Photos courtesy of Google



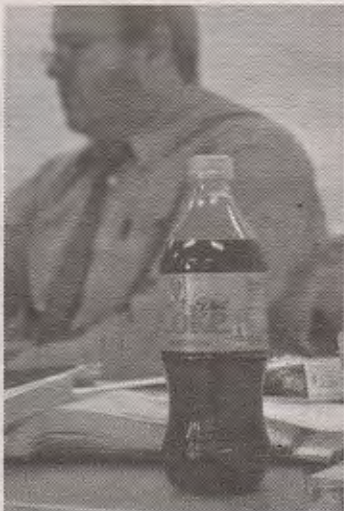
Danielle Walczak
News Writer

and make a difference” or have multiple sclerosis, chronic fatigue syndrome, brain tumors, Alzheimer’s disease, Parkinson’s disease, epilepsy, fibromyalgia, birth defects, and lymphoma, headaches, mood alterations, nausea, dizziness, changes in vision, seizures, memory loss, fatigue, shooting pains, spasms, leg numbness, tinnitus, depression, anxiety, joint pain, and slurred speech? Well now you can have both if you chose to drink diet sodas, which contain aspartame.

Coca-Cola (whose mission statement is the first option) along with many other large soda corporations, creates many products which include aspartame; an artificial sweetener. Aspartame is a technical name for brand name sweeteners like Equal and NutraSweet, most often found in diet sodas. There is much controversy over this sweetener. The second option is all the side affects that have been said to be associated with aspartame. According to ABC News, a new study shows that as little as one can of soda per day is associated with a 48 percent increased risk of "metabolic syndrome," which plays a major role in heart disease and diabetes. Even knowing all these side

SWEET TOOTH? ARTIFICIAL SWEETENERS? THINK AGAIN.

affects some people can’t seem to kick the craving. Aspartame.org states that: Aspartame is consumed by over 200 million people around the world and is found in more than 6,000 products.



Math teacher, Brendan Whalen, drinks three to four bottles of diet coke a day

Among the many popular drinks in the US, diet soda drinking is immensely popular. According to ABC news consumers spend \$21 billion a year just on their favorite soft drinks. Of those soda drinkers is Oyster River economics teacher, Heather Healy, who drinks one to two cans per day and also drinks one to one and half quarts of Crystal Light which also includes aspartame, per day. Healy

chooses to drink diet soda because, “it keeps me from snacking more and helps me feel a bit more energy for talking all day long in class.” She may not be sure of the consequences of drinking diet soda but she jokingly adds, “I am sure I am building up some horrible cancer cells or something. At least that is what people tell me.” Although she may not know the side affects, computer teacher, Pam Carr, is very aware of what her soda drinking can lead too. “I am addicted to caffeine, and

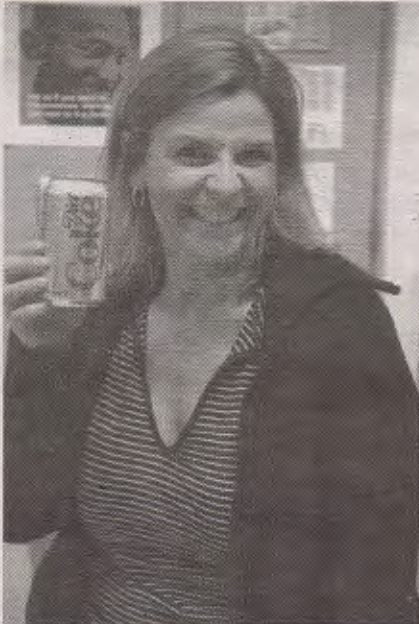
have tried to quit several times,” she admits. Carr tries to drink about two Diet Cokes everyday, but she says on average she ends up having four. She says the only reason she continues to drink Diet Coke is to satisfy her caffeine addiction. “When I don’t drink it I get headaches and actually can feel nauseated,” she says. Carr at this point can only warn others of the potential down fall of diet sodas. “The chemicals that they use to make the soda can’t be good for you and the addiction to caffeine is terrible! I hate being addicted to something.”

Carr is right, the chemical she is specifically referring to is aspartame. According to a 1995 FDA report, 92 symptoms have been reportedly associated with aspartame use. According to sweetpoison.com, aspartame is dangerous because it dissolves into solutions and can therefore travel throughout the body and deposit within any tissue.

Senior, Joe Bennett, who doesn’t diet drink soda doesn’t see the significance of putting diet before the name of the soda he drinks. “I don’t think there is really a benefit. Soda is still soda, even if it says diet.” According to ABC News, there is no major study that says drinking diet sodas is bad for you, but some health experts say it may have health consequences down the road.

John Monahan, who drinks three Diet Pepsi cans during the school day and two after school, drinks diet soda for the caffeine without the sweet taste. Monahan admits that the NutraSweet in this diet soda does have an added expense. ABC News reported that there is some evidence that the acid load of soda, regular or diet has an adverse affect on bone health. Where drinking 12 cans a day, diet or regular, is potentially going to do damage to your skeleton, and eventually have very serious side effects.

It is safe to say that when you begin drinking diet soda you are putting yourself at risk for several unfavorable side effects. It is your choice to start but for those of you who already have there are options to help you kick the craving. Sweetposion.com advertises an aspartame detox plan along with solutions at earthclinic.com.



Pam Carr and her favorite diet drink

DEPARTMENT OF HEALTH AND HUMAN SERVICES SYMPTOMS attributed to ASPARTAME in complaints submitted to the FDA

REPORTED SYMPTOMS	NO. OF COMPLAINTS	% OF REPORTS	% OF COMPLAINTS
HEADACHE	1847	21.1%	19.0%
DIZZINESS / POOR EQUILIBRIUM	735	11.2%	7.5%
CHANGE OF MOOD	656	10.0%	6.7%
VOMITING OR NAUSEA	647	9.8%	6.6%
ABDOMINAL PAIN AND CRAMPS	483	6.9%	4.7%
CHANGE IN VISION	362	5.5%	3.7%
DIARRHEA	330	5.0%	3.4%
SEIZURES AND CONVULSIONS	290	4.4%	3.0%
MEMORY LOSS	255	3.9%	2.6%
FATIGUE, WEAKNESS	242	3.7%	2.5%
OTHER NEUROLOGICAL	230	3.5%	2.4%
RASH	226	3.4%	2.3%
SLEEP PROBLEMS	201	3.1%	2.1%
HIVES	191	2.9%	2.0%
CHANGE IN HEART RATE	185	2.8%	1.9%
ITCHING	175	2.7%	1.8%
GRAN MAL	174	2.6%	1.8%
NUMBNESS, TINGLING	172	2.6%	1.8%
LOCAL SWELLING	114	1.7%	1.2%
CHANGE IN ACTIVITY LEVEL	113	1.7%	1.2%
DIFFICULTY BREATHING	112	1.7%	1.2%
ORAL SENSORY CHANGES	108	1.6%	1.1%
CHANGE IN MENSTRUAL PATTERN	107	1.6%	1.1%
SYMPTOMS REPORTED BY LESS THAN 100 COMPLAINTS	1812	—	18.6%

DISTRIBUTION of REACTIONS to ASPARTAME by product name.

REPORTED SYMPTOMS	NO. OF COMPLAINTS	% OF REPORTS	% OF COMPLAINTS
DIET SOFT DRINKS	3021	45.9%	38.3%
TABLE TOP SWEETENER	1716	26.1%	21.7%
PUDDINGS - GELATINS	633	9.6%	8.0%
LEMONADE	410	6.2%	5.2%
OTHER	346	5.3%	4.4%
KOOL AID	339	5.1%	4.3%
ICED TEA	319	4.8%	4.0%
CHEWING GUM	319	4.8%	4.0%
HOT CHOCOLATE	318	4.8%	4.0%
FROZEN CONFECTIONS	136	2.1%	1.7%
CEREAL	119	1.8%	1.5%
SUGAR SUBSTITUTE TABLETS	71	1.1%	0.9%
BREATH MINTS	62	0.9%	0.8%
PUNCH MIX	45	0.7%	0.6%
FRUIT DRINKS	24	0.4%	0.3%
NON-DAIRY TOPPINGS	8	0.1%	0.1%
CHEWABLE MULTI-VITAMINS	8	0.1%	0.1%
FRUIT, DRIED	1	0.01%	0.01%

An FDA report from 1995 showing some symptoms of aspartame



Ben Belanger
Editor-in-Chief

LIFE ON MARS (PART 4 OF 5)

A DAY AT SAINT THOMAS AQUINAS

DOVER, NH



Three pairs of Sperrys and some Timbs.

the school

"Fix the tie, handsome!"

On Monday, March 21st I visited Saint Thomas Aquinas in Dover with a goal of understanding how religion – specifically Catholicism – can be incorporated into a school while keeping all students comfortable and able to learn. I left the school with a new respect for my own religious beliefs, my opportunities at a public school and Sperry Topsiders.

"Your best friend Harry has a brother Larry
In five days from now he's gonna marry
He's hopin' you can make it there if you can
'Cause in the ceremony you'll be the best man."

"Name the song!" rapped Christian Life Teacher Mr. Payeur. After a long silence he shouts "Bust a move! Young MC, anyone?" The class responds with sudden realization. "Alright, whose turn is it to pray?" says Payeur, pulling out a prayer book.

I never thought I'd hear those two sentences together; I've never really associated old school rap with Jesus, but hey, I'm open-minded. Contrary to this observation, my experience at Saint Thomas wasn't incredibly eventful – the school is almost a carbon-copy of Oyster River – the students, the teachers, the environment. I did, however, find a few lessons that we could learn from STA and a few areas that they might need to learn from us.

areas of commendation

In terms of academics, STA impressed me. I'm a fan of SMART boards; these technologically advanced whiteboards add an aspect to class that can't be matched by a traditional chalk board. The use of PowerPoint and videos while incorporating the purpose of the whiteboard has always interested me – these semi-expensive boards have been present at 3 of the 4 schools that I have visited, including STA, and are virtually non-existent at ORHS. Although there are several comparable Promethean boards in the building at ORHS, very uncommonly are they used differently than traditional white boards. Some teachers commonly use these boards just as they would a common whiteboard, which defeats their purpose. I believe that if proper funding was designated to this sort of investment – training and equipment – that Oyster River would greatly benefit from this advancement.

AP classes are often discussed at ORHS. The lack of these advanced classes concerns a large number of students and parents at the school. AP classes not only look better on a college transcript, but can offer a greater level of difficulty for students who are not challenged at school. STA offers more AP opportunities to its stu-

dents, which I believe to be an incredibly worthwhile initiative.

I was also very impressed by the level of preparation that STA almost forces on its students. The day that I attended, junior students were required to present their "junior speeches." After choosing a stance on a controversial topic, students are required to present their beliefs in front of a large group – the top 10 speeches being required to present to the whole school. I think that if this sort of thing was required at ORHS, students would leave better prepared for real-life experiences like this. Although I'm glad that I didn't have to complete a senior paper or project, I feel that this requirement at STA betters the students of the school.

Although I wasn't a fan of the dress code at STA (see Areas of Improvement,) I'm a huge advocate for Sperry Topsider boat shoes. You might say they're just a regular pair of boat shoes, but I'm here to tell you that they're much more than that. They represent a lifestyle and I was more than excited to be able to wear them to my day at STA.

Continued on page 13...

LIFE ON MARS (CONT.)

areas of improvement

"It's my classroom, when I put you in charge I'll let you know."

Now for the bad news; STA offers less freedom than Martha Stuart's prison cell. In my opinion, high school is meant to offer students a welcoming, unintimidating atmosphere where they can focus on their education and developing social skills. There is an extremely unnecessary formality present at STA that makes school intimidating, which is the worst possible scenario as far as I am concerned.

First, the dress code is obnoxious. Supposedly established to take away the distractions of appearance at school, a dress code is something that I had always been jealous of. As I said before, Sperrys are my third favorite shoe, only behind flip-flops and Nikes. Button-down shirts make you feel like a champion and khakis are the most comfortable pants ever. You'd think I was an advocate for a dress code, but after seeing firsthand how much of a distraction this aspect of STA was in my day I would never want my school to follow this standard. "You want to follow dress code?" asked Dean of Students, Gordon Quimby, almost immediately after I entered his office. "Button your collar." This might seem like a simple request, but the problem is that my collar was too tight. Constantly restricting and chafing my neck, it was tough to pay attention in class when this issue was present. A few periods into the day I decided to unbutton my collar and breathe a little. Shortly thereafter a teacher who I did not know confronted me in the hallway.

"Fix the tie, handsome!" he told me, walking towards me and grabbing my tie obnoxiously. I have to say, I was offended. I can fix my own tie, I'm a big boy. Now relax and focus on what's really important.

"Being gay is definitely something that's frowned upon [at Saint Thomas Aquinas]," said Senior Matt Strabone.

Below - Senior Matt Strabone studies at STA.



the religion

"Being gay is definitely something that's frowned upon [at Saint Thomas Aquinas]," said Senior Matt Strabone.

The issue of religion in school is something that comes up fairly often in our lives, but is never truly present at Oyster River. At Saint Thomas, religion is a part of every day - every class - and for those who don't fit the codes of Catholicism, it may become an issue. Homosexual students, for example, may fear "coming out" due to the affiliation of the school.

Quimby disagrees. "This school tolerates and accepts everyone for who they are. We would never punish anyone for their sexual orientation," said Quimby. "[However] the Catholic Church has a position to gay and lesbian students to urge them to reconsider." Oyster River has an organization in the school with the mission of preserving the rights of gay and lesbian students known as the Gay-Straight Alliance. According to Quimby, this sort of organization "would not be an approved club" at STA.

"There are always a few people who are against [homosexuality], but most people are accepting of it," said Senior Brenna Boulanger.

Homosexuals aren't the only students affected by religion being a part of STA. Quimby feels that the religious aspect of STA does affect students' learning, but only in a positive way. "It's positive in virtually every aspect," said Quimby. "Because we are a private school, we are not bound to the requirements of the separation of church and state. If there's an ethical issue with a student, we have a higher authority to appeal to."

God, however, isn't the only one being reached by prayer at STA. According to Quimby there are not only Catholic students at the school, but also Jewish, Buddhist and Atheist students present. "Interestingly enough, I'm not Catholic," said Quimby. "I belong to the United Church of Christ (a Protestant organization). I take part in prayer, community service and I attend all religious events. All students are expected to attend and be respectful during religious events at school, as well."

Senior and Former Student of ORMS, Logan Molloy offers an interesting perspective; "you don't have to be Catholic to believe in God. Praying before class is only beneficial if you actually pray and believe in prayer. It's only as good as you make it."

the Ten Commandments

One of the most intriguing aspects of my day at STA was to uncover whether or not students and faculty follow their own codes of conduct in life and at school. Specifically, I wanted to know whether or not the Ten Commandments are truly a part of the day-to-day decisions made by STA students. "By and large, yes," explained Quimby. "We have kids who make bad decisions, I'm sad to say that a proportion is engaged in the use of drugs and alcohol. We have theft and they probably get caught up on the false Gods."

Well, what do the students say? Do they really follow the Ten Commandments? "No. Maybe like three of them," said Strabone.

"We have a bad drug problem," my guide for the day, Senior Abby Steele chimed in.

"Drugs are very commonplace," agreed Strabone.

Whether or not students follow the codes and standards set by their religion and school inside the building or out ultimately lies in the decisions that these individuals make. Strabone thinks he might know the situation for most students; "the rules aren't always followed in either sector."

the conclusion

The academics of STA are hard to beat. Coming from a well-known college preparatory school can work wonders for a high school student. The classes are interesting and informative and challenge students to a level not offered at Oyster River. Combine that with the number of AP classes available and the resources available in these classrooms and you've got a good reputation as it is.

However, it's not all rainbows and butterflies. STA could afford to make a few changes to its teaching approach. Here I think they could learn a lot from the teachers at Oyster River. I've never felt threatened or intimidated by a teacher in my time at Oyster River. The teachers here do a great job of making you feel important and accepted. I didn't get the same level of respect in my experience at STA. Although my class with Mr. Payeur was very entertaining and relaxed, few others had the same quality. I found the formality of the school incredibly annoying and unnecessary.

THE PAY PHONE PROJECT



Emily Healy
Features Writer

You walk by a pay phone on the street. It starts ringing. Do you: a) answer it, or b) run away in terror, thinking that Big Brother is following your every move?

The following interviews are profiles of the few people who chose option a.

The Project

My goal with this project was to call random pay phones and interview whoever picked up. It's a lot harder than it sounds, mostly because the world of pay phones is quickly becoming nonexistent. Since almost everybody has cell phones these days, pay phones are almost obsolete. From 2000 to today, the number of pay phones in the U.S. has declined from over 2 million to about 700,000. Although pay phones still process about 1.7 billion calls a year, their presence in our culture is rapidly declining. When was the last time you even saw a pay phone? They're hard to come by. When was the last time you used a pay phone? Never? Me either.

I interviewed the following individuals after literally hours of calling pay phones and listening to their never-ending ring. I wish I was friends with all of these people, because they had the courage to do what most people wouldn't: answer that creepily ringing, old and vandalized pay phone.

**Location: The Seacoast Rep.,
Portsmouth**

Number: 603-427-0834

Josh Moore is an actor at the Seacoast Repertory Theater. While hanging out by the Seacoast Rep. before a performance of "A Christmas Carol", Moore was brave enough to answer the pay phone near the Rep's box office. After a hesitant greeting, and questioning how I got the number of the phone in question, I explained that I was calling random pay phones and interviewing whoever answered. "Well, I'm a little sketched out, but this is exciting," he said. "I'm being interviewed!" he then exclaimed to a friend.

Moore was playing "Young Scrooge in the Future" in the Seacoast Repertory Theater's production of "A Christmas Carol". With about 10 shows a week and 36 total, he spent a lot of time at the theater this December, since the show ran from December 3 to December 26.

"I get to do a couple scenes with glow-in-the-dark gloves and a scary mask," he said. "It's fun."

After talking for a few more minutes, Moore ended the conversation by saying, "Okay, I have to go get ready for my show now." I told him to break a leg. "Thanks," he laughed.

Location: Rockefeller Center, NYC

Number: 212-246-8697

Anna, 22, is a dental assistant from Wisconsin who was in New York City for four days visiting a friend. She and her girlfriends, Abby and Rihanna, had just come down from "The Rock", as she called it, and were heading out to do a little more shopping before leaving for Wisconsin later in the day. She said she wanted to be an actress when she was little, and laughed when I suggested she make a trip to audition for Broadway while

she was there.

After a few minutes, Anna said, "My friend Abby wants to say hi," and she passed the phone to Abby.

Abby described to me their visit to the city so far. "We went to the Museum of Sex, which was...interesting," she mused. "We went to Central Park, Times Square, did a lot of shopping, and went to 'The Rock'."

She said she'd had a ton of fun and was kind of sad they had to leave today. When I asked if they had any random interesting stories that had happened recently, she questioned her friends and I heard muffled laughter. "We went out and I got sick," she said. "But it ended up okay."

**Location: Stop and Shop,
Manchester**

Number: 603-626-9763

Caitlin, 16, was "tagging", or fundraising, for the Manchester School of Technology outside of the Manchester Stop and Shop with her mom and friend when she decided to pick up the pay phone that rang twice within a five-minute time span. I asked Caitlin why she'd decided to pick up the phone. "It was ringing," she stated simply. "I wanted to know who was calling."

Caitlin, who wanted to be an ice cream truck driver when she was little, was both extremely curious (asking me questions about who I was and where I went to school), and extremely talkative. I asked her if she had any funny or random stories to share, and she thought for a few minutes. "This is weird, because I always tell a ton of funny stories every day, but I can't think of any."

She asked her mom and friend for help, and after a few minutes, she had the perfect story to share. "Oh! I have one," she exclaimed. "It's not about me, it's about my stepdad. He's 52 and he works for the shuttle service. He was working, driving the shuttle, and he really had to go to the bathroom. Then he pooped his pants. He had to go to a gas station and clean his pants off and then go pick up clients, so he sprayed the shuttle with air freshener and hope they couldn't smell it or see the s*** stains on his pants."

The Conclusion

All of these people are brave and a little bit reckless. And they also had friends who they trusted to shield them from the possible stalker who was calling them. Would you answer a random ringing pay phone? Think about it. It takes a lot of bravery to answer when you have no idea who's on the other end of the line. The advent of caller ID has made it even easier to screen the calls you'd be uncomfortable taking.

The fact that these individuals chose to take that risk and pick up the phone, as well as the fact that they didn't hang up when they heard me on the other line, says something about their personalities. In a world of online socialization, text messaging and a rapid decline of true social skills, these phone-answerers were brave enough to talk to a complete stranger. Keep that in mind the next time you are heading into an unknown situation: if you take the risk, you could end up experiencing something you never have before. Or you could end up talking to a high school journalist about the Museum of Sex. Either way, it will be an interesting experience.



A defaced, rarely used payphone in the Tedeschi parking lot in Durham.

HOW TO SKIN A RAT...

RANDOM CAREER OPTIONS IN YOUR YELLOWPAGES



Bridget Regan
Editor-in-Chief

The Taxidermist

"It's like dressing a doll," says taxidermist Michael Desroches. "You make a mannequin that looks life-like and make sure the skin fits."

For those of you that don't exactly know what a taxidermist does, WiseGeek.com describes it as a "man or woman who

stuffs and mounts deceased animals to be displayed in homes, museums, or other settings." Desroches has been interested in taxidermy for his entire life. When he was a young boy, he received a take home class on this unique hobby through Boy Scouts and had a new lesson each month. He then helped out at a park exhibit where he was able to showcase his taxidermy skills.

After working out of his parent's basement in Long Island, New York, Desroches set up his own place. Later he and his wife decided to settle down in New Hampshire, and he's operated his business in Stratham for 23 years. "The people here are great," states Desroches. "It's a good area with hunters and fishers who are dedicated to their work."

In Desroches workshop he had a model of a rat waiting for its skin



Sergeant Levingston waiting to be dressed with his skins



Michael Desroches working on a deer

to be placed on. Someone had asked for their pet rat to be stuffed, which is why the model was waiting. Desroches says that often times he tries to keep the prices of stuffing pets higher in order to discourage the customer from choosing that option for preserving their pet, but there are times when people feel it

is worth the cost.

There are many who view taxidermy as a "gruesome" job because it begins with dead animals. "It follows nature's way," says Desroches. "Everything lives and dies... it's kind of like a black art; it's not socially accepted."

The Scuba Diver

Jay Gingrich is a scuba diving instructor in Portsmouth, NH. Gingrich has always been interested in exploration and discovery and was drawn to the water. When it came to choosing his line of work, he says it came down to a simple answer for him. "A burden which is chosen is never felt."

Drawn to the coastal waters off Portsmouth by the treasures buried below, Gingrich views the undersea community of the area to be of the same importance as the historical district above the ocean. "The old buildings, the historic area, the same things hold for underwater," says Gingrich. "Some of the artifacts are an enigma. You find things that have been down there for hundreds of years."



Supplies from Portsmouth Scuba

His love for diving is not what Gingrich wanted people to know

most, but rather the importance of choosing a job that you really love.

Tim Pinkham was

talking to Gingrich and decided to leave his desk job and start his own company: Portsmouth Dive Services. He's a little nervous about what's to come, but Gingrich informed him that there can be no happiness without a risk.

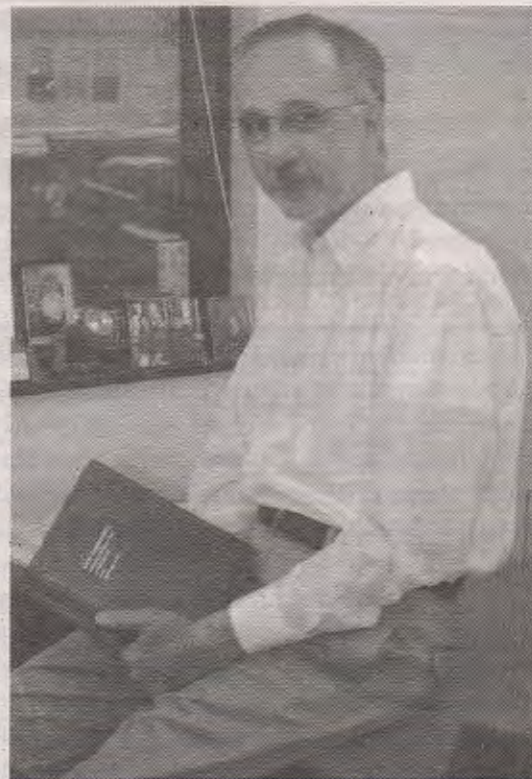


The Portsmouth Scuba Store

The Criminal Lawyer

Imagine representing a 14-year-old boy who is accused of murdering his parents. This is something that Stuart Dedopoulos has done as a practicing lawyer of criminal law. He graduated from college not entirely sure of what he wanted to do, but thought that having a law degree would be interesting. Following law school, he took a job with a well-known criminal defense lawyer in Dover. Later he worked as a public defender in Strafford County. Now he has been in private practice in Durham for over 25 years, but he says he doesn't feel any less passionate about his job than when he started.

"Any type of case that allows me to raise an interesting argument that only the judge can decide keeps things interesting," says Dedopoulos. "You really have to think, and it's always changing." Being a criminal lawyer can be a heavy burden at times. Dedopoulos has represented student clients on minor traffic and possession charges, but he has also handled cases for individuals accused of



Stuart Dedopoulos in his office

rape or murder. Many people wonder how a lawyer can represent someone that they know is guilty. With no hesitation, Dedopoulos responds, "I don't know if they're guilty. I only know what people say. It is also not a lawyer's job to judge. And the Constitution states 'innocent until proven guilty'."

Many high school students are thinking now about finding a job that will keep them interested throughout their lives. Some feel tremendous pressure to figure out what classes will help them in the long run. What these three men demonstrate is that it may come down to the proverb Gingrich mentioned, "A burden which is chosen is never felt."



Brenna Cahill
Features Writer

The box-office chick-flick hit, *Miss Congeniality* (2000) documents

the story of an FBI Agent, Gracie Hart (played by Sandra Bullock), who goes undercover as a Miss America contestant to help protect the beauty contest from a bomb threat. To continue on in the final round of competition, Hart needs to showcase one of her talents. Hart decides to demonstrate women's self-defense because she believes "that no woman should be without at least a

basic knowledge of self-defense."

Hart followed up in her lesson with explaining that "in some cases you attacker will come at you in a frontal assault." If this is the case, she recommends to "use the heel of your hand and thrust is upward. This will cause the nose to break (in most cases) and your assailants eyes to tear, giving you a change to get away."

Now, Hart begins with another hypothetical situation. "Let's say your assailant comes at you from behind. If all else fails, go for the four sensitive areas of the body,

just remember to 'sing'. S-I-N-G. Solar plexus (stomach), instep, nose, groin." Hart proceeded to demonstrate these clearly effective moves, leaving her assistant in the fetal position, writhing in pain.

Photo courtesy of Google Images



Sandra Bullock on the cover of Miss Congeniality



Solar Plexus

Start with a quick, firm jab to the Solar Plexus (stomach).



Instep

Follow with a strong stomp on the assailant's foot.



Nose

Continue with the solid strike upward to the nose in one fluid motion.



Groin

To finish, deliver an upward kick, forceful flat kick or an elbow to the groin. Or all three.

These really are some of the most simplistic moves that required minimal force while producing maximum impact. I would highly recommend using any combination of these to compromise your attacker and make a safe escape. I would also recommend practicing once or twice on a friend, without using much force, or practicing in front of the mirror. It may sound silly but it is better to know what you are doing now so you are ready for later.

Yes, most of you readers do live in Durham which has never really seemed like a dangerous place. But if you venture over to the town of Lee, you may feel differently. Junior, Riley Maynard, resident of Belle Lane shares that she "used to be paranoid" about the sex offender who "lives within half of a mile" from her Lee, New Hampshire home. No longer is Maynard paranoid, but she and her family still decide to be smart about their decisions. Maynard says that as a family they all "take good precautions" against what could be a dangerous encounter. In fact, Maynard comments that even her mom feels a uncomfortable with the situation at hand, prompting her to "keep her phone on her at all times, even when she is running."

As the only daughter and the youngest child, Maynard says that "my dad gave me pepper spray which I usually carry at least in my car." Other precautions that Maynard takes are leaving a jack knife in her car, and locking the doors of her car, which is more for her peace of mind. Maynard's mind is also at ease now, because the sex offender living nearby "is under house arrest currently."

Another student at Oyster River High School, Junior Michaela Wiberg, finds herself in a much safer atmosphere. Wiberg has been walking to and from school since her freshmen year at Oyster River. Wiberg revealed that the small, tight-knit feel to Durham gives her a greater sense of security, "I have walked home at night because of late play rehearsals and (safety) is never really a concern."

She recalls one time when a person began to follow her on her route home. Thankfully she was very close to her house and was "able to get home before anything could have happen, not saying that it would have." Wiberg advocates that "we live in Durham, no one would attack some on in Durham.

There is very minimal danger here."

Though Wiberg doesn't believe that an attack could hap-

pen anywhere, one teacher believes being prepared for anything is better than hoping for nothing.

Oyster River High School Physical Education Teacher, Amy McPhee shares the sentiments that, "it would be great for females to understand how to defend themselves. It really is crucial."

McPhee noted that her physical education colleagues agree. The department decided that the issue of basic self defense was important enough to incorporate it into their classes. She explains that the Physical Education Department "plans on having a group come in to teach the girls and guys in class easy self-defense moves to help protect themselves." Everyone is jumping on the self-defense train. Join in!

Oyster River High School Sophomore, Zach Park, has been practicing Taekwondo since age 6. Park has trained with his father at the family's Taekwondo academy in Portsmouth, New Hampshire. Park is now a distinguished 2nd degree black belt. Needless to say, 16 year old Park is very capable at protecting himself, if the situation ever arises.



Photo courtesy of Zach Park

Zach Park (age 7) demonstrating his highly developed Taekwondo skills.

STUDENT AND FACULTY ADVICE



Sgt. Ed Levesque

- Don't walk alone; you will make yourself more susceptible. Stay within a group or with a friend.
- Walk with confidence. People are less likely to attack someone who looks confident.
- Be sure to scan the area, don't look down too much.
- Trust your judgment. Listen to the voice that makes your hair on the back of your neck stand up.



Michaela Wiberg

- Walk on streets with houses.
- At night, stay near street lights.
- Also at night, don't walk through the woods.



Riley Maynard

- Carry pepper spray.
- Always have a cell phone with you.
- Stay with people.



Amy McPhee

- Try to be aware of your surroundings.
- It's smart to have your cell phone in your hand.
- Be with a friend when you are walking in an unfamiliar area.



Zach Park

- Stay calm.
- Be confident when you are defending yourself.
- Try to stay on your feet as much as you can.
- Kick your assailant in the shins.
- Got for the 'cheap shots' like the groin and the face.

Oyster River High School proudly presents



Directed by Meredith Freeman-Caple

Musical Direction by Kathy Fink

Choreography by Alden Caple

May 12 - 14, 2011 at 7 p.m. Tickets \$9 Adults/\$6 Students & Seniors

Poe Lease Deep Heart Mint



Emily Dube
Features Writer

A NEW LESSON FOR TEACHERS

"It seems to me like all but about a dozen teachers have had babies since I've been here," detailed Assistant Principal Sara Wotton. For reference, Mrs. Wotton has been here for 10 years. "I myself have even had kids since I've been here," said Wotton. Indeed, there does seem to be a small phenomenon of adults taking maternity/paternity leave. Fact: every teacher in the English department except for Mr. Monahan and Mr. Brewer have had kids in recent years. Three of the teachers who have had babies this year are English teacher Mrs. Engstrom, Special Education teacher Mrs. Cassamas and Math teacher Mr. Derr. Quick fun fact: these are all first time parents.

MRS. ENGSTROM

Rylan Taylor Engstrom was born at 5:58 AM on Tuesday, December 21st. He weighed 8 lbs 9 oz and measured 21.5 inches.

Do you think that having a baby has impacted the way that you look at your students? Since I haven't been back to work yet, I can't say that having a baby has influenced the way I look at or interact with my students. I can, however, say that my experiences/observations working with students will certainly influence the way my husband and I raise my son.

Has having to discipline students in class made you think about parenting your own kids?

Yes, as a result of my experiences with classroom management and discipline, I realize the importance of clarity of expectations, consistency, and follow-through.

Does spending everyday with teenagers make you nervous for your own child's teen years?

I wouldn't say working with teenagers makes me nervous for my child's teen years as much as it just influences my views on parenting. Above all, I think it's incredibly important for both parents to be involved in their child's life and education, all while encouraging independence. I also realize that not everything is in one's control as a parent, and one has to come to peace with that idea. I have a feeling there will be a lot of learning along the way!

When naming your child, did you reject any names because of students you've had in class?

My husband and I had a harder time with boys' names than girls' names because we just couldn't find many we both liked. Some of that difficulty was a result of differences in personal preference, but the fact that I have had so many students (who influence my associations with certain names) made it all the more difficult.



MRS. CASSAMAS

Blake Cassamas was born at 12:44 pm on Wednesday, December 1st. He weighed 9 lbs 4 oz and measured 20.5 inches.

Has having a baby impacted the way that you look at your students?

I do not think that having a baby has impacted the way I look at my students too much. Although I have not been back in the classroom to really see. I have always had high expectations for my students and this will continue, maybe even more so now that I have a child of my own and know how much I want for him.

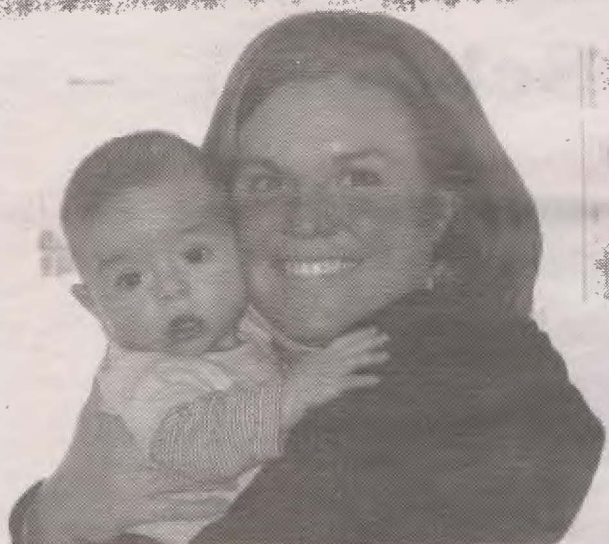
Has having to discipline students in class made you think about parenting your own kids? Dealing with discipline in the classroom has certainly made me think about parenting my own kids. I have learned that being consistent is very important and works. My hope is that I am able to do this in my home with my child as I am able to do so in the classroom. Things like that are always easier said than done though.

Does spending every day with teenagers make you nervous for your own child's teen years? What are you most nervous about? I think that spending time with teenagers everyday puts me at ease a bit about my son's teenage years. (Well I say that

now.) I feel that being in touch with teens on a daily basis will certainly help prep me for what is to come. I was very nervous for his newborn stage because I had not had much experience with them. Blake is now turning 4 months on Friday so I have survived that stage! I think the rest of my nerves for the rest of the stages including his teen years is that he enjoys himself through it all...

When naming your child, did you reject any names because of students you've had in class?

Good question...both my husband and I are teachers and we certainly had some names we did not want to name our child because of students we had in the past. I did have some names that were high on my list that matched with students I have or have had. We ended up going with a name that neither of us have had in a class...maybe that is why we chose it.



MR. DERR

Addison Marie Derr was born at 9:44 AM on Saturday, January 8th. She weighed 8 lbs 10 oz and measured 21 inches.

Do you think that having a baby has impacted the way that you look at your students? Yeah I have been so pleasantly surprised by how excited lots of my students have been for me and the nice things they have said and done. It was hard coming back to work and leaving my wife and baby, but that made it a lot easier.

When naming your child, did you reject any names because of students you've had in class? With every name you think of people you know of with that name, but in the end she is her own person so we picked the name we both liked.

Does spending everyday with teenagers make you nervous for your own child's teen years? What are you most nervous about? Yes but it is a long way away so I try not to worry about it yet. Plenty of other things to worry about in the meantime. I don't want to get ahead of myself.

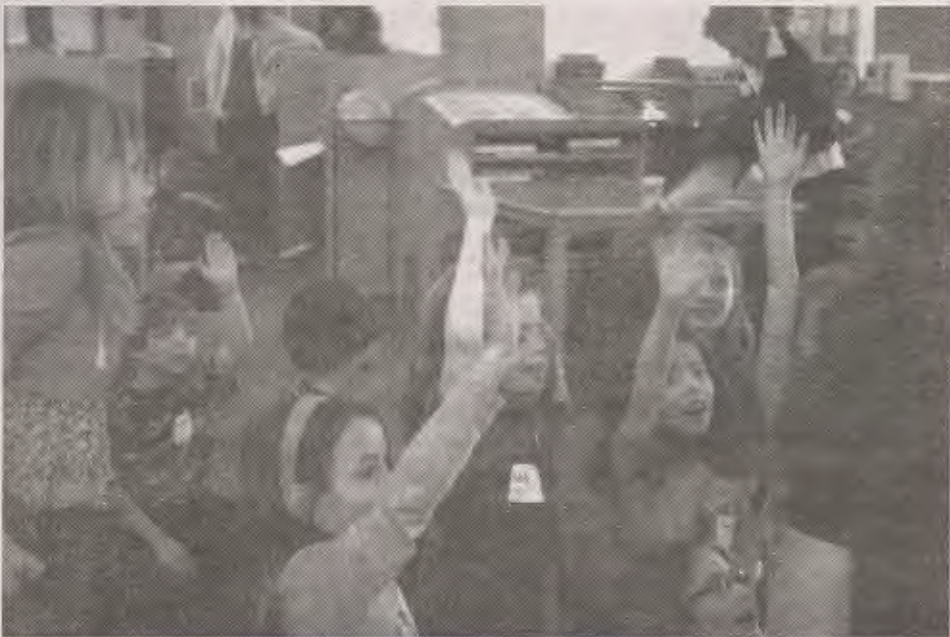
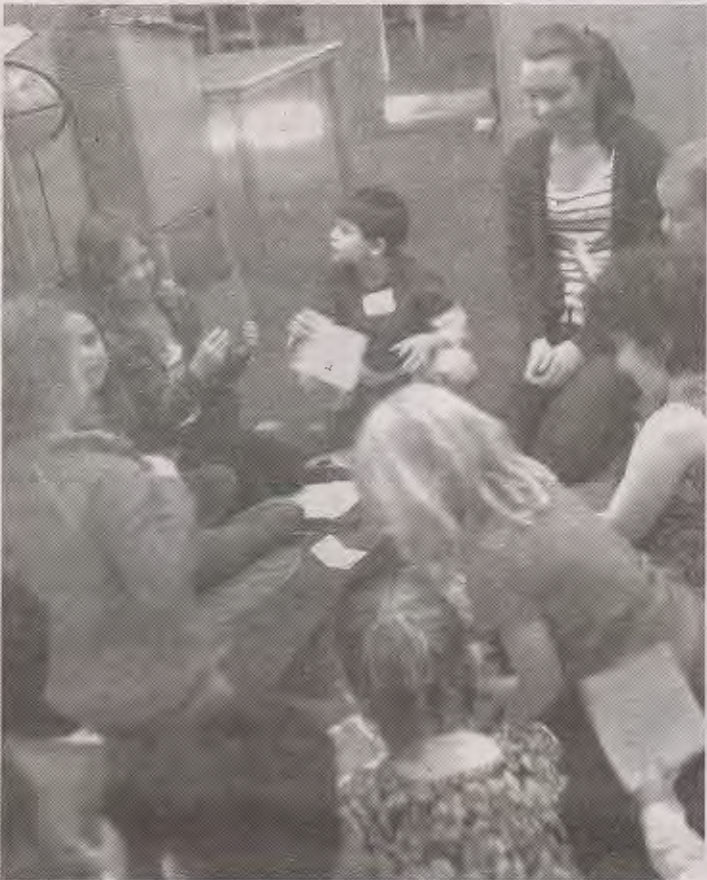
Has having to discipline students in class made you think about parenting your own kids? Not really, it is very different disciplining a teenager and a child. For the most part I try to treat the students as adults and just hold them responsible for their actions and decisions.



STORYTELLING FESTIVAL

"Dinosaurs eat my pinkie toe!" exclaimed Owen. On March 30th, the school was filled with masses of elementary and middle school kids eager to hear stories and participate in communication games. The high school hosted a Storytelling Festival, which included elementary schoolers, Poetry and Fiction classes, and storyteller Len Cabral. The day was an experience in learning for the kids, and an experience in teaching for the Poetry and Fiction students.

"It's a lot of fun to see the little kids and how excited they get about the activities. They are so cute."
-Molly McQuade



"So many giggles-it's awesome!" -Jeff Johnson



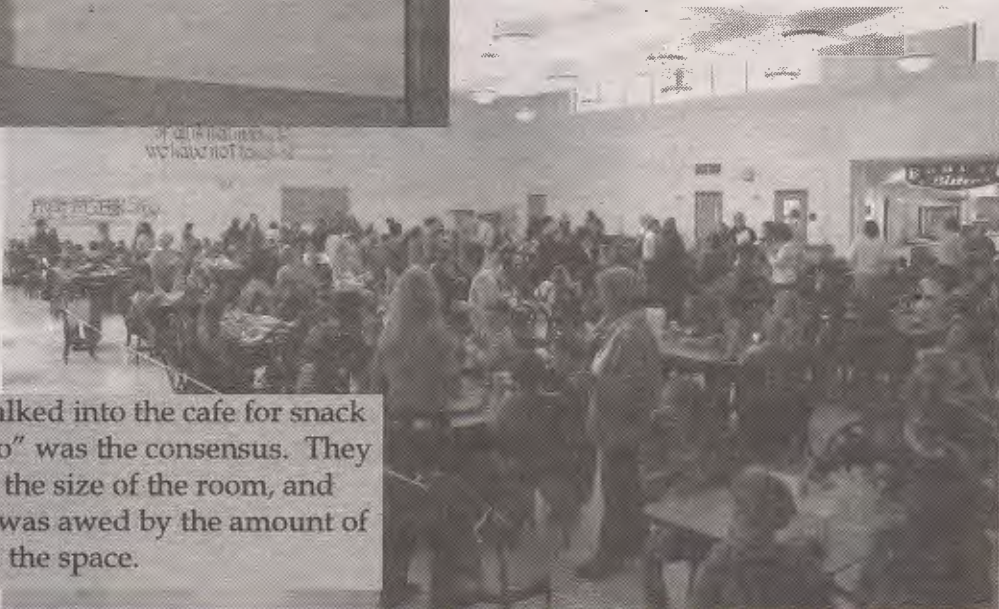
"It's interesting to see the high school kids struggle with keeping attention. It's a great way to appreciate how hard it is to teach."
-Mrs. Pearce



In the library, each Poetry and Fiction student had a story or activity for the kids to participate in, like Aladdin, Hansel and Gretel, Telephone and Charades.



Professional storyteller Len Cabral works his magic on stage.



As the kids walked into the cafe for snack time, "Whoooo" was the consensus. They were awed by the size of the room, and everyone else was awed by the amount of kids that filled the space.

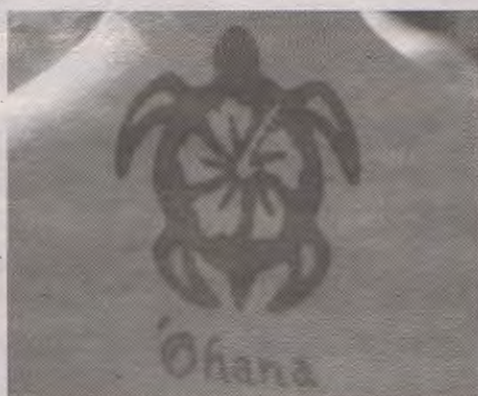
THE TATTOO TREND



AL AYERS

"It took about an hour and a half. Yeah it hurt a little bit but it was a weird pain, it didn't make me want to cry it just made my whole body break out in goose bumps. The meaning is that my sister and my mom have it; it is a family tattoo and it says 'Ohana' under it which

means family. It is a very meaningful tattoo and that is what I think tattoos are about. I do plan to get more. I love them. I think they are wicked pretty and when I find something else that is meaningful enough to put on my body I will get it! I love tattoos!"



MELISSA HALLIWELL

"It took 20 minutes, and it hurt for like 15 seconds then it was just uncomfortable. I got the idea from a friend, but I changed the 0 to New Hampshire because I thought it would be cool. I got it on my lip because I can easily hide it so it's not a big deal. It was

mostly just an 'I'm 18 now' thing. I'll probably get other ones, I have nothing really planned right now though. The guy said, 'Man you were drooling a lot' when he was done. He was right up in my face for a solid 20 minutes so it was kind of awkward."



MARILYN MINER

"It took 45 minutes. This definitely did not tickle. I felt more violation of

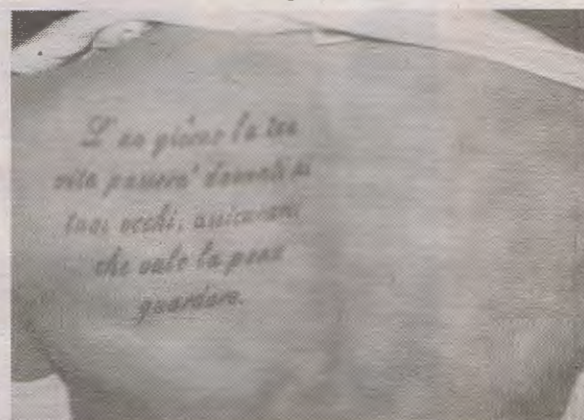
the gun than the pain. I didn't watch because I don't like needles. The seashells reminds me of my fondest childhood memories at my summer home on the beach. The spirals mean infinite learning. It's on the bottom of my foot so it's underneath me. The whole thing is the Shortridge Academy which is my last school."



NEVIN GANSBURG

"It took an hour. I didn't want a tattoo I would regret so I got one that means something. I

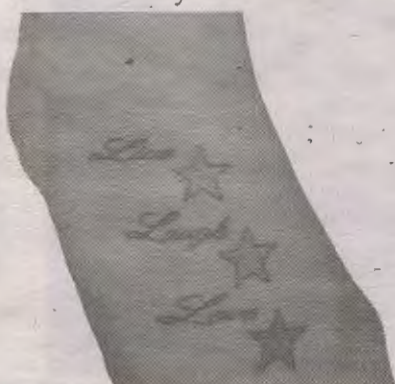
was nervous going in, but it only hurt when they hit a nerve in my spine. If you get a cut it feels like someone is scratching on it nonstop."



BRANDI LAPIERRE

"It took about a half hour. It hurt really bad, it kind of felt like a hot razor blade like cutting my skin. Kind of a bad visual. My tattoo is

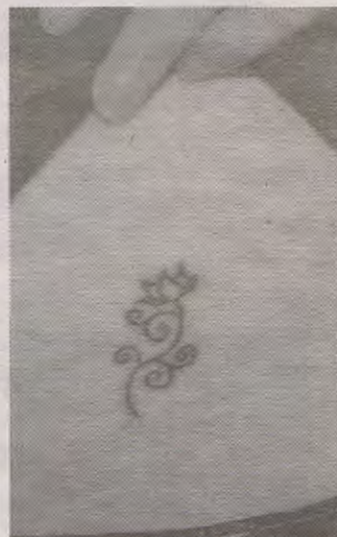
three stars with 'Live Laugh Love'. There wasn't much meaning behind it, and I've just always liked the quote."



GEORGIA BORNER

"It took 12 minutes. Imagine a really bad, tomato red

sunburn and then having a cat scratch it. My grandma passed away a few weeks ago, I got it to remember her. I got it on that spot because I thought it would be the least painful spot."





TRAVIS
HACKETT

"It took about an hour and a half. It hurt a lot, pain was shooting through my body; felt weird felt like bees stinging me twenty four seven. I didn't cry. My father was going away for the military so we both got the same one for

like a sentimental reason and it's a cross with a clover in the middle in it because I am Irish. I am definitely going to get another one, probably before the next school year."



JARED
FOLEY

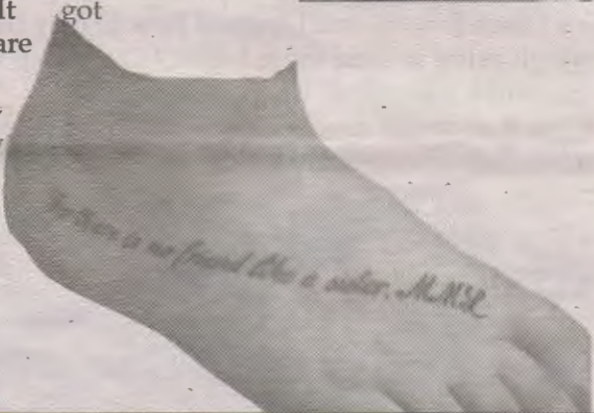
"My first ink (the Est.1992) took 30 minutes, my 2nd one (the heart-shaped grenade) took around 45 minutes, and my latest ('Love'

down my right side) took an hour and 15 minutes. The first one wasn't bad until the shading. The 2nd one was no pain at all. My latest one on my ribs was some of the worst pain I've ever been through in my life. My first tattoo is self explanatory; my 2nd one is a personal reminder to me. My rib ink represents 'Tough Love', which is why it's spelled out in weapons. I got it because I grew up with 'Tough Love' and to this day that's the only kind of love I know. I got it as a way to stay permanent in what I believe in and what I know. I'm tattin' my body till I fill it all up!"



KATTI PHETAKOUNE

"It only took 20-30 minutes, so it was pretty quick but it hurt really badly because it was in a bony spot. It got terrible once it got to the top. Me and my sister are really close so I wanted to get a tattoo for her. I couldn't figure out where I wanted it for the longest time. I'd print it out and tape it on my body to try to decide. It says, 'For there is no friend like a sister'. I'm planning on getting one on my shoulder for my aunt who passed away from breast cancer. It will be a lot bigger, and take a long time. It will also be more expensive."



Brenna Cahill
Features Writer

OVERHEARDS

"I'm gonna kill you, then I'm gonna barf on your body." -Alex Harling

"I have been to hookah bars." -Judy Kucera "A woman scorned is the worst kind of woman." - Brian O'Connell

"Why would you kill me? I'm Jewish." - Rachel Murphy "We could just pray to your chest." - Bridget Regan

"Once, when I was reading 'Teen Vogue'..." - Alex Harling

"I just want to barge in there and be like 'Yo, sup?'" - Rachel Murphy

"I feel kind of bad chopping people's feet up." - Brenna Cahill

"Sometimes if you think too positively, you will think you can jump off a cliff and live, then you'll die which means your positive thinking would be negative." - Tony Sergi

"I find waterbeds really therapeutic." - Collin Lawson



Student #1: "So, I'll tell my study hall teacher that I'm going to your room."

Student #2: "Yeah, and I'll tell mine that I'm going to your room."

Student #1: "Yeah, and then we'll just like hang out in the hallway or stuff."

Student #2: "Yeah." (Judy Kucera enters).

Mrs. Kucera: "Great plan. What's your name?"

Student #1: "Ummmmmm... Ferris Bueller."

"What is this, 'Touch-Me-Tuesday' or something?" - Jim Thibault

"Sometimes you make me want to punch babies." - Emily Dube

"Is 'Wolf Slayer' one word or do I hyphenate it?" - Brady Brickner-Wood



Brady Brickner-Wood
Op-Ed Writer

IS IT A BIRD? IS IT A PLANE?

NO, IT'S BRIAN "WOLF SLAYER" O'CONNELL

Some say the world has only frozen twice. The first was when an asteroid the size of a Sperm Whale hit the center of the earth. The second was when Brian Caverly O'Connell was born. It was June 14th in Keene, New Hampshire and when the doctor pulled baby Brian's head out of his mother, eye wit-

nesses claim the world stood still. Some say the world has only frozen twice. The first was when an asteroid the size of a Sperm Whale hit the center of the earth. The second was when Brian Caverly O'Connell was born. It was June 14th in Keene, New Hampshire and when the doctor pulled baby Brian's head out of his mother, eye wit-

nesses claim the world stood still. Since that defining and patriotic moment in United States history, O'Connell has tried to live a humble life. Despite women chasing him down one way roads and men pleading for him to sign their girlfriend's chests, he has tried to remain diligent at his profession (a consistent and appealing math teacher, caring about each individual student's success) however it hasn't been easy. While he gives algebraic lessons, students constantly interrupt him by asking for his autograph. "It's a hard knock life," O'Connell says.

Bill and Kim O'Connell knew they had a special boy ever since that phenomenal, jaw dropping night in June. Yet, they didn't truly know what his special gift was. Could it be superhuman strength? An ability to perform Jujitsu at a level only mastered by Bruce Lee? Or a voice like Jim Brickman? They were all possibilities, yet when young Brian reached the age of six, the family finally discovered his special gift.

"My Dad coached football and basketball his whole life at Monadnock (High School) and I learned how to play the games the right way through being around those teams," O'Connell remembers. "Those experiences influenced me to play sports."

From that young age, he developed loves for football and basketball, but football was certainly his calling. From middle school into high school he was a standout and got some Division I colleges to recruit him. "It was exciting to get looks from schools. I felt like I was getting rewarded at something that I worked my whole life towards."

Football was O'Connell's passion, but other things interested him as well. "I always liked numbers a lot. I incorporated my love for sports and numbers together. I researched baseball stats, memorized averages on the back of cards, all of that stuff. I loved it."

Although his Brian Urlacher like football abilities and Einstein inspired number talents were what made O'Connell a household name at Keene High School, he was also famous beyond his athletic ability. He says, he was the "All-American boy. I won prom king and homecoming king. Basically, women flocked all over me."

Whoa now, let's not get too ahead of ourselves Brian. "I'm not kidding; I was a ladies' man." Alright fine, I believe him. However, if O'Connell was such a womanizer in high school, then he never got to experience the classic high school romance and find his one true love. Despite O'Connell's lady killer attributes, a young girl did capture his heart in his younger years. Her name was the sound track to his teenage wonderland (Mouth of the River is prohibited from including her name in the newspaper. For the sake of conversation, this girl will go by the name of Acceb Mot). They dated for three years, but after they peacefully broke up, O'Connell received a phone call in his college dorm room from a good friend to tell him news that rocked his world.

The news was devastating, but it needed to be heard. O'Connell found out that one of his best friends in high school had an affair with Acceb during the last few months of their relationship. "I felt like a wounded deer in the woods, searching for nourishment in my heart."

The heartbreak was increasingly difficult on a young O'Connell, but his future looked brighter than ever. He was at the University of New Hampshire and the heartbreaking experience he faced with Acceb truly shaped the rock of a soldier he is today.

At UNH, a legend was formed. He became the biggest man on campus and was living like there was no tomorrow. Despite his unparalleled popularity in college, his shattered heart was still broken and it seemed like he would never find a proper woman to mend it.

However, after O'Connell completed his four years at

UNH, things changed for the better. He got a solid and prestigious job crafting pizzas at Joe's New York Pizza and finally found a sense of meaning in his life, or so he thought.

One day, when O'Connell was in need of a buzz, he took a quick break from work and walked over to the close by Starbucks to grab some coffee. That's when the magnificent happened. Behind the counter of the coffee shop stood an angel in human form. O'Connell's mouth watered when he saw an astonishing creature. "I felt like a dog that saw a good piece of bacon," he remembers.

That day was essential in the story of Brian O'Connell, because that earth cherub became his girlfriend, who became his fiancé, who now became his wife. Her name was Corinne Gilbert, and now, she has accordingly transformed her name to fit the needs of her superstar husband: Corinne O'Connell.

After the two lovebirds started dating, Brian O'Connell made his way into the academic world, scoring an internship at Oyster River High School. After that internship proved to the world he was the best teacher in the history of academics, Oyster River had no other choice but to give him a full time job as a math teacher.

"He is such a good teacher," Senior Adam Goodwin says. "He is funny and engaging. But as goofy as he is, he's the man."

"He's a funny guy," Junior John Spinney says, "but he's also the only math teacher that has cared about me before."

It is easy to see

O'Connell has found his true calling. As he continues his life, fighting crime, recording Christmas albums, giving executive managerial advice to the Toronto Raptors and ghost writing for Stephen King novels, he will also humbly teach math and work his way up to becoming a future administrator. He will gladly and genuinely enjoy time with his lovely wife and wag his dog Nomar's tail back and forth.



A young Brian O'Connell, practicing the art of being a Jedi.



O'Connell and his father Bill at his high school football game, embracing like it's 2012.



O'Connell exemplifying the true meaning of a tiny dancer.

BEN BELANGER: BALLERINO



Ben Belanger
Editor-in-Chief

Oxford's American Dictionary defines 'ballerina' as "a female ballet dancer." The male equivalents, 'ballerino' and 'danseur', aren't listed in the dictionary, and are corrected by spell-check

as I type them. On Thursday, March 10, 2011, I became one of these unlisted, underappreciated ballerinos.

I have a goal this year: as my last year in high school, I want my senior year to present me with some new opportunities and experiences. Although I can't say I expected to find myself in a room with fifteen scantily-clad females dancing around, I wasn't too upset about that idea, either. See, the problem is that I've never been too limber. Nobody would describe me as gentle or graceful. Ballet is a "very technical form of dance that requires grace and flexibility." Needless to say I didn't do so hot.

Walking into Brixham Danceworks in South Berwick with Emily Healy and Grace MacDonald, I knew I was up against some tough odds. With not a single male in sight (except for the scattered fathers waiting in their minivans, judging me), I didn't go unnoticed. After changing into a pair of sweatpants and a t-shirt, I opened the bathroom door to find twenty or so little girls running back from their classes. One particularly terrified girl stopped in her tracks as

soon as she saw me, looking genuinely upset. I gave her an equally scared look back and proceeded to hop back into the restroom to wait until the end of the stampede. I realized that I had been tricked into carpooling with Emily and Grace; I contemplated the pros and cons of running back home from Maine.

I decided to stick with it and see what I was made of on the dance floor. I mean, I'm pretty good at the robot. Not the worm, I can't do that. But the robot - you know it.

It turns out ballet is not like the robot. It's also not like the worm, but slightly more similar in the sense that I cannot do it. I was constantly messing up my second and fifth positions, and my ronde de jambes were neither rondey nor jambey. Not to mention my jetes were just a hot mess. According to Emily, I wasn't horrible. "Some of the basic steps you got pretty well," explained Healy. "But when we moved away from the bar, it just went downhill. You

have somewhat of a natural talent for dance so I think if you pursued it, you'd get better pretty fast."

Although I didn't exactly master ballet, I did learn a few things about the practice. First: don't underestimate girls - they do sweat when we're not looking. That place actually smelled a little, which took away a little bit from

the leotard-effect. Second: dance is hard. Whether it be ballet or modern dance, it's real easy to make a fool of yourself. Any slight error can make you look absolutely ridiculous. Last but not least I realized that male dancers shouldn't be judged for their sport. I've played baseball, basketball, soccer - the list goes on. What it comes down to is that if I were to continue in dance I feel pretty strongly that it would require a much greater level of focus and discipline than any of those sports have required of me in the past. While it's certainly not the most masculine sport, I'd like to see you try it.



Me (looking creepy) while doing a lift with Emily Healy





Katie Burzon
Features Writer

ALL MY PRETTY CHICKENS...

As the fads around us are always changing, a new and unusual trend has hit many staff and students of Oyster River High School,

as well as the surrounding community. Chicken farming is an epidemic that has been appearing more and more at the homes of our community. Whether it be the fact that "self-sufficiency" is on the rise or the fact that store bought eggs can actually be weeks old (bet you didn't know that!), talk of backyard chicken farming has been on the rise. But what is getting all these people into backyard farming and are the benefits actually that much better than store bought eggs? You're about to find out.

Farming chickens has obviously been around for a great deal of time. Farmers have been farming chickens for many years, but within the past decade, farming chickens (chickens alone) in ones backyard is becoming more frequent. You might have noticed a new pen in your neighbor's yard, while others of us have heard about Ms. Rogers and her selling fresh eggs business (if you haven't, don't feel bad, it's pretty exclusive!) but you probably haven't had a real look inside the world of chicken farming.

To start farming anything in your backyard, there are a few things that you will need. One necessity is having enough open space to house the chickens with. As Principal/Chicken Owner Laura Rogers explains, you'll need a lot of room. "You need a certain amount of land, and enough land so that you're far enough away from your neighbor that you won't be disturbing them," she explains. She also elaborates on the housing situation of the poultry as well. "You have to have enough room on your property that you can fit an enclosed, air-tight pen, that's suitable to the number of chickens you're planning on getting." Rogers explains that even though the chickens are 'free-range' they can't be outside all the time, especially in the winter. The last, and most important, thing you'll need in order to successfully raise chickens is "to be willing to clean up after them and take care of them." says Rogers, who explains that chickens aren't just fun, games and yummy eggs. "They are very messy birds and if you can't stand a little chicken poop you shouldn't consider the idea."

Rogers has been raising chickens since about 3 or 4 years ago. However it wasn't Rogers' idea from the start. She explains that it was actually her husband's idea to get them. Since getting

the chickens, Rogers has said she has benefited greatly. "Being self sufficient is definitely a plus," Rogers explains. "But the other great thing about my chickens is that they eat almost all of my garbage. I live in a

town that doesn't offer garbage pick up so it ends up being very convenient to have these chickens who reduce our total trash output quite a bit." Rogers explains that her chickens eat almost any type of food waste, with the exception of poultry products and bones. "If you have any left over spaghetti bring it in and I'll bring it home for them!" she jokes.

Though chickens are becoming more popular, their animal status seems to be staying at 'farm animal' rather than 'domestic pet'. Rogers

says that though they don't eat their chickens she always keeps in mind that they're "just chickens". "I would say they're a cross between pets and farm animals," says Rogers, though she thinks of them as more of a farm pet. She sums up her affection for them quite simply in the following math equation:

"food < chickens < my dog"



Kyla McCabe-Corrow, an ORHS Junior, has also been following the chicken farming trend. McCabe-Corrow says that her family has been raising chickens for about 5 years. "We wanted our own eggs," says McCabe-Corrow. "Store eggs are gross!" The McCabe-Corrow family owns around 7 chickens and one rooster. Their egg production is high enough to supply them with enough eggs weekly. However, when the eggs are plentiful, McCabe-Corrow says that they'll often sell the extra eggs, usually to her mom's co-workers. "When you sell eggs," says McCabe-Corrow, "almost all the profits go to the food." McCabe-Corrow says that she and Rogers are similar in the fact that with their sales they usually break even. McCabe-Corrow says that she wouldn't consider the chickens her pets, mostly because she's not the one who really takes care of them. "They're really my dad's pets," admits McCabe-Corrow, "He really loves them." McCabe-Corrow confesses that she doesn't have that type of relationship with the chickens, especially after the rooster attacked her once. Yet, though her relationship may not be that personal with her chickens, she still admits that the fresh eggs are the best part.

Kara Sullivan, an ORHS English teacher, is another member of the ORHS community who has been raising chickens. Though she also admits that the chickens weren't her idea (just like Roger's, Sullivan's hus-

band was the one to get them), she admits that they are definitely worth it. Sullivan appreciates the eggs she receives, but she also says it's helped make a bigger difference in her family's life as well. In early 2010, after the earthquake in Haiti, Sullivan's kids were eager to help out. "Since we didn't have that many people buying the eggs around that time, the kids decided to sell the eggs and gave the proceeds to Haiti," explains Sullivan. "Having chickens has taught us about sustainability but it also has given us a great experience like this." Sullivan's kids sent the money to Haiti and did it almost all on their own.

Looking for a way to farm on a small scale level? Or do you yearn for the feeling of self sufficiency that comes from an amazing fowl bond? Chicken farming just might be the activity for you.

STORE BOUGHT EGGS
VS.

FARM EGGS
THE ULTIMATE TASTE TEST



The store bought eggs are much larger. They have a dark brown color of the egg shell, but the two eggs (though they are the same type of eggs) have different shades of egg shell.

The farm eggs are small. They both have the same color shell (a peachy white). The farm eggs are a lot lighter, but that is probably because the farm eggs are carrying a lot less egg.



When cracked, the store eggs produce much more egg than the farm eggs. The yolks are a dull orange; however, the store bought yolks are the same size as the farm eggs.

When cracked, the farm eggs are much more appealing in color than the store eggs. The farm yolks are very bright yellow. The egg whites are much clearer and are very close to white.



The store bought eggs are very dense. They are chewy and not as smooth as the farm eggs. They are a dark yellow or even orange color. They are also pretty dry.

The finished egg is a very bright yellow. The farm eggs are fluffy and much lighter than the store eggs. They are smooth and moist. They definitely have a different taste from the store eggs (but it was very hard describe).



CONCLUSION: Overall, I thought that the farm eggs had a better taste than the store eggs. They had more flavor and were definitely more satisfying. However,



the farm eggs made much less egg than the store eggs. So I guess it depends what your looking for in an egg but I believe that



everyone should at least consider trying each one to find their perfect match.

BEST CHICKENS ON THE INTERNET!

Check it Out!

Search: *how it's made hatchery chicks* on YouTube
or

Type in "<http://www.youtube.com/watch?v=PVf6KXVIZ5I>"



How It's Made - Hatchery Chicks

My friend and I watched this episode on the up about halfway through. It feels so wrong
by TangentThought | 2 years ago | 8,861 views



Laura Rogers
Guest Writer

RAISING CHICKENS V.
RAISING HIGH SCHOOL
STUDENTS

ARE THEY REALLY THAT DIFFERENT?

When you look at everything that's involved in raising chickens and raising high school students, the similarities are glaringly obvious. As someone who has spent a great deal of time with both poultry and adolescents, I feel uniquely qualified to expound upon this topic.

First, I would say that keeping both chickens and children from "pecking" at one another is a major part of the job. The chickens do this literally. They are bullies and they have to be taught that pecking at a fellow hen is not acceptable. I have found that squirting them with a hose or tossing a stick in their direction usually stops the behavior. Unfortunately, I can't employ these tactics with students, so detentions or other discipline has to act as the deterrent. I will ask you the same thing I ask my chickens- Why can't you all just get along?

Another drawback of both chickens and high schoolers is the fact that I end up cleaning up after both. The coop is pretty easy; ten minutes with a shovel, some fresh shavings and hay and the flock is all set. The Senior Core is a greater challenge. When I ask, "Were you raised in a barn?" it's not nearly as rhetorical as you think.

Far more of the similarities are positives, though.

Chickens and teenagers both tend to run toward me, full tilt, when I have a platter of food in my hands. With the chickens, it's usually some stale bread or wilted lettuce on the tray. In the case of students, it might be some leftover cheese and crackers or some cookies or Munchkins. Regardless, you guys look a lot like hungry Barred Rocks or New Hampshire Reds when you come tearing toward me. The challenge is making sure that both of my flocks share so everyone who is hungry gets something. I have to confess that feeding both chickens and children gives me a deep feeling of satisfaction.

Another similarity- kids and chickens are both happiest when they are exploring the world, side-by-side, with little interference from the farmer/principal. I suspect that they like knowing someone is looking out for them, but neither flocks' members are likely to admit that. From my perspective, I love seeing them investigating things, but I am ready to step in and fight if a hawk appears or a coyote from outside of town comes sniffing around.

Finally, as someone who has husbanded both types of flocks, the greatest similarity may be the feeling of affection they engender. I want all of my little chicks to be happy, well-fed and to have what they need in order to grow to adulthood and be successful. It's a slightly easier job with chickens, but not nearly as satisfying.



Emily Healy
Features Writer

CLASSES WE WISH WE HAD

Brit Lit, Geometry, Bio, Spanish, Physical Science, US History...yeah these classes can be interesting, but don't you sometimes wish you could take a class you'd really love? Students and teachers alike have dream classes they wish we had here at Oyster River. Take a look at some of these ideas. Which class would you like to take?

Drew Thibault: "Dolphin riding."



Dolphin courtesy of Google Images.

Mr. Hawley: **Music History.** "I would start with Name that Tune," he said. "[My Advanced World Cultures class] was so clueless when we played it; it was depressing. We'd start with the music of the '70s, then go to the '80s and '90s."

Geoff Lee: "I think a **sports history** class would be really cool, with Mrs. McPhee and Mr. Powell as teachers. We would research big sporting events and watch old classic games." China Wong and Sophie Pavlidis agree with Lee. "Anything with sports," Wong said. Pavlidis added, "Modern-day sports, not ancient sports. We always seem to learn about ancient sports for some reason."

Mrs. Y: **Food Writing.** "A lot of great writers have addressed the topic of food: MFK Fisher, Anthony Bourdain... Hemingway was a literary man but had an obsession with food." The final composition would be developing a cookbook: recipes, formatting, etc. "If I taught Genre Studies that is probably what I'd do with it—use food as a sensory starting point. You do various types of writing around one topic: restaurant reviews, storytelling, what you ate." And of course you'd sample different types of food as well.

Anna Epstein: "Magic classes like they have in Harry Potter!"

Brenna Walzack: A **rock band** class—not the video game, but a real rock band. "You have to audition to get into the class, then you learn rock music and perform during lunches. That would be so fun."

Madame Milliken: A seminar on the **Sociology of Relationships.** "My daughter is studying this and it's so interesting. You start with fairy tales and prince charming, and then you can go to hooking up and multiple partners and all of that. There's just so much. You can look at divorce rates, and true commitment: does it exist in reality? I am a relational teacher, as opposed to content, so all that really intrigues me—it's all about relationships."



Photo courtesy of Facebook and Google Images.

Melissa Halliwell: A class on **Boy Meet World**...or '90s sitcoms in general. "Mr. Feeny would teach it, obviously," she said. "But actually, I think Mrs. Van Dyke would be really good at it. We would just watch Boy Meets World and gush about how cute Shawn is."

HOROSCOPES

Aquarius- On a rainy Thursday afternoon this month, you'll discover an adorable goldfish flopping around in a puddle. Before you do anything about it, lil' fishy will get run over by a car.

Pisces- Beware when your sibling makes you breakfast this month—I know it looks like Cocoa Puffs, but believe me, it's actually dog food.

Aries- Someone will catch you picking your nose. Ew.

Taurus- Justin Bieber will catch you picking your nose...SO EMBARRASSING.

Gemini- G3T N@K3D.

Cancer- After a rain storm, you'll look out your window and see a DOUBLE RAINBOW! IT WILL BE SO BEAUTIFUL! Try not to cry, and go searching for the wee little leprechaun with a pot of gold.

Leo- Nobody understands your fetish with toe socks, but don't be afraid to rock the look you love! Once you express your obsession, you may even find an unexpected friend who you can bond with over your sick socks.

Virgo- With Venus in your house this month, you'll be overcome with the sensation that you are the next Cake Boss. Your sugary sweet creations will make you a local celebrity, but don't let all that fame get to your head...or your waistline.

Libra- As Mars moves retrograde, this month will bring you many paper cuts and ingrown toenails.

Scorpio- As the snow melts and flowers begin blooming, so will your love life. Kevin Morse will shower you with chocolates and secret admirer notes. Even though you're dying to confess your love to him, play it cool and be a little hard to get. He likes a challenge.

Sagittarius- A trip to the Friendly Toast will leave you with an egregious bout of food poisoning. As you're puking your brains out, you'll have an epitome (sort of) and suddenly realize your undying love for John Mellencamp.

Capricorn- In the words of Rebecca Black, you "gotta get down on Friday". Fridays will be lucky for you this month, because "yesterday was Thursday, tomorrow is Saturday and Sunday comes afterwards." So have "fun, fun, fun, fun!"



Eryn Daly
Op-Ed Writer

WHAT WE LIKE IN A TEACHER CARING, COMPASSION AND CANDY

Rate my teaching skills 1-10. Did you feel comfortable expression your opinions in class? Did I treat everyone with respect?

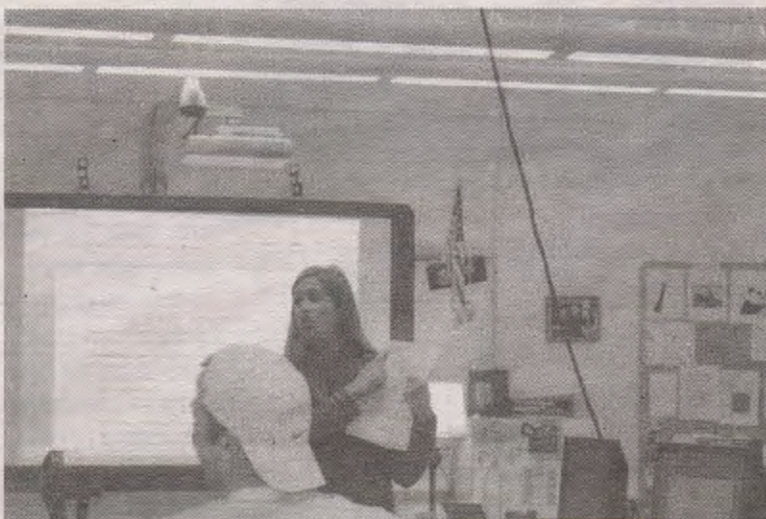
We have all been there; it's the end of the semester and the teacher wants you to fill out a class evaluation of how you think the class went. Yeah, that form...

I have done more of those over the past four years than I ever want to. Honestly, I don't think that teachers are going to change their teaching skills because of some evaluation I've filled out. They are going to keep doing things the way they have been teaching for however many years it's been. I'm not trying to say that this is bad, I mean I haven't had many teachers who I didn't like, but I just think those forms are sort of busy work. Teachers, don't take this article as ridiculous or offensive...and don't give me dirty looks in the halls. Just take in the advice that I, and other seniors at Oyster River are trying to give you, without filling out a form.

Busy work is a good way to start off. Teachers, please stop assigning it. When us students can tell it has no relevance, or that it is something we have done many times before in the last two weeks of the unit, we are not going to take it seriously. We are just going to rush through it to get it done.

"When I get busy work I actually don't take it seriously. I don't really learn anything from it," said Senior Andrea Belaidi. I don't want to spend all period working on a worksheet

you give me only to shove it into my



Senior, Carly Soule and Junior, Kesley Hales spend some time working on economics classwork.

binder and never go over it again. Even more so I don't want to spend hours doing homework after I had school and work all day for you just not to check it. If you are going to assign me something, validate me for it.

Talking about busy work leads into another quick bit of advice we have for you. Understand that on top of your class we have 5-6 other classes. "When I have a lot of homework piled up

from all different classes it makes my night really stressful. I look at all my work and decide what really needs to get done and what I can do later," said Senior Rachel Murphy. "I always end up getting it done, but I also lose a lot of sleep."

It's not only other classes that we have on top of your class, it's also sports and work. As for me, I work directly after school 4 times a week until 8 or 9. I understand that school does come before work but having 2 hours of homework after working a 4 or 5 hours shift is never a good time and it only makes me more tired at school the next day. If we are

in school for 7 hours a day, do we honestly need homework?

"Homework is busy work, a lot of it is just not important," said Senior Ciera Gobron.

Michael C. Shackleford, an education consultant hired by the district, discussed studies that prove that sometimes no homework for students is better, depending on how well the teacher teaches a class. So if you consider yourself a good teacher, there is no reason for homework.

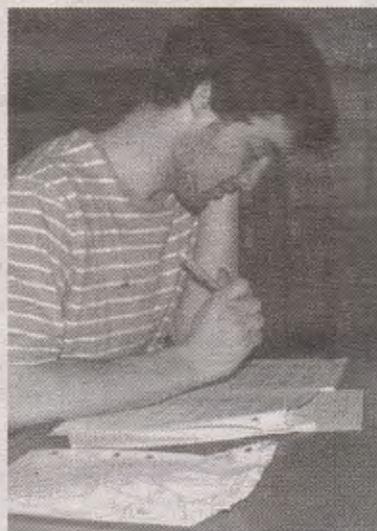
When we students enjoy a class, we are more likely to want to participate. So please don't stand in front of the classroom and lecture us for 50 minutes. It's boring and more than half of us are going to want to fall asleep.

"When I'm in a class where we are all engaged and having a class discussion, I know I am gaining more information because I am listening to everyone talking and I'll also state what I think," said Senior Kelly Voltz.

"It's good to have a teacher that wants you to succeed. They are concerned about you and how well you are doing not only in their class, but school overall," said Senior Hallie

Miller. I know for myself when I see that I have a real good connection with a teacher and they are always asking how I am doing and just checking up on me, it makes me want to do well in their class. You

want to make them proud of you. I can actually say that almost all teachers here at Oyster River are like this.



What We Like In a Teacher
continued on page 31



Emily Dube
Guest Writer

ARK MUSIC FACTORY; THE SONGS AND PRETEENS THAT ARE TAKING OVER THE WORLD.

Heads up! This is an Op-Ed piece. This means opinionated editorial. If you are not interested in my opinion of these girls and their songs, please do not read anything without a gray box behind it. Anything with a gray box is strictly facts. Please direct all comments and concerns to "mouthoftheriver2011@gmail.com"

Hanson. The OG (original gangster) of boy bands. After the brothers, came bands like the Backstreet Boys, N*SYNC and 98 degrees. This was the boy band trend of the '90s. We are now facing a new trend in the music world; auto-tuned, super fake, story-less generic pop, starring 12 year olds.

For the OR community, this fiasco started with Rebecca Black's "Friday". This song, although catchy, has no story or point behind it. I guess that it doesn't really have to...but really Rebecca?

"Kickin' in the front seat, sittin' in the back seat. Gotta make my mind up, which seat can I take?"

Ok. Two problems with these lyrics. One, they are ridiculous. Who writes this? Why do I want to sing along with that? Two, if you watch the video, you will see that there are already two people in the front seat, and two people in the back seat. Clearly, the only seat that she can take is in the back seat. Come on Rebecca, use some sense.

Now I suppose that this wouldn't be a trend without a few followers. But don't

worry. I have plenty more of these generic pop wannabes. Exhibit B: Jenna Rose with "My Jeans". I'm really trying my hardest to appreciate these young girls, after all they are putting themselves out there, vulnerable to the world's criticism. But then again,

whose fault is it that they are out there and subject to my criticism? Probably theirs...

So this next song is literally about Jenna's jeans (say that ten times fast...). Want to know the chorus? "Hannah Montana's wearing my jeans. Ashley Tisdale's wear-

Maugaotega's co-star in her video "Take It Easy"

ing my jeans. Keke Palmer's wearing my jeans. I just can't believe she wore those jeans like me!" I have



These are five of the girls who will soon help ARK to take over the world. Left to right: Sarah Maugaotega, Ashley Rose, Rebecca Black, CJ Fam and Jenna Rose.

no" and "let's take it easy". Again, I'm speechless. I can't even think of the words to describe how much I hate these lyrics.

"We at ARK make it possible for an emerging artist to be discovered, defined and delivered, to advance in their chosen career and be successful."

nothing to say. Literally the worst lyrics ever.

For our third example (and Brady Brickner-Wood's favorite) of the foolishness, let's take a look at Sarah Maugaotega's "Take It Easy". I'm pretty sure that the only things she says in this song are "I don't wanna rush this, no no

I think that I have to be done hating on these girls, based on the fact that I can't even think of the words to describe my distaste of this music. So, I will

now attempt to give them some credit. I appreciate Kaya's "Can't Get You Out of My Mind" because she actually tells a real story. She also reminds me of Britney Spears, and is over 12. I also somewhat appreciate Rebecca Black's version of the National Anthem. I mean, she's not terrible. I think the main problem is that they auto-tune the life out of "Friday". "Butterflies" by Alana Lee is also fairly decent. I'm not going to say that I like the song (because I don't really), but I do appreciate her slight musical talent.

I know that you all probably think that I'm a huge jerk for criticizing these girls, but what else is a self-proclaimed critic supposed to do? I'm just telling it like it is. And I'm also not telling you that you can't like them. I'm simply saying that I don't. So please, don't persecute me for my beliefs. It is a free country. If they can sing about it, I can write about it.

Photos Courtesy of Google Images.

What is Ark Music Factory? AMF is a record label based in Los Angeles, CA. Singers (or their parents) pay AMF between \$2,000 and \$4,000 and AMF will write and produce the songs, and often a music video as well. While the singer owns the master recording of their song, AMF owns the publishing rights to the song. **Who is that random generic rapper in all of the videos?** It's true, he does look quite a lot like a chubbier Usher, but his name is Patrice Wilson. Not only does he make an appearance in many of AMF's videos, he is also a co-founder of AMF. See the bar at the bottom for more info.

Who is eligible to work with AMF? Anyone! "I'm getting a lot of criticism saying I'm exploiting rich kids and their parents," says Wilson, "but find me another company that would do all this at a cost this low. I don't promise anyone fame. In fact, if someone approaches me with their only goal to 'get famous,' I tell them they're not in this for the right reasons." (Quote courtesy of LA Times)

Why does Brady think that AMF will take over the world? A) They have an army of preteen girls, who can influence other preteen girls... B) Rebecca Black "Friday" (did you catch that?) C) Bridget Regan is already brainwashed.

THE MAN BEHIND THE MUSIC: PATRICE WILSON

So who is this random Patrice Wilson? The founder of ARK Music Factory and cameo rapper in Rebecca Black's "Friday" (and many more...). But why did he start this company? Wilson moved from Spokane, WA to LA in 2007 to start a company that, according to him "was based on the idea of Noah's ark. In other words, a place to gather people together, where they could be safe." Wilson was raised in Africa by his mother who was a minister, and his father who was a chemical engineer. After helping out with his mother's Christian school, Wilson went to Europe to attend medical school, and then trained in track and field for the 2000 Olympics. In favor of pursuing a music career, Wilson dropped everything. He became a backup singer for Eastern European pop star Ibrahim Maiga, then moved to Washington and eventually to Hollywood. So what does Wilson think of Friday? "I remember writing 'Friday,'" Wilson said. "It was on a Thursday night, but I finished it on Friday morning. And I knew it was silly, you know?" Although his songs that are presented to us through girls like Rebecca Black do not carry life changing messages, Wilson's intentions are very serious. "... if someone approaches me with their only goal to 'get famous,' I tell them they're not in this for the right reasons," said Wilson.

Quotes Courtesy of LATimes



Entrepreneur and generic rapper Patrice Wilson performing in the music video "Friday"
Photo Courtesy of Google Images.

THUMBS UP THUMBS DOWN



Brady Brickner-Wood
Op-Ed Writer



Thumbs Up to March Madness. Besides the extremely disappointing championship game, it was a great, great tourney.



Thumbs Down to that woman I pass every morning walking her dog. Don't give me a look implying that I'm intentionally trying to murder you and your children when I pass you going 25 around a sharp turn.



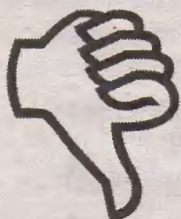
Thumbs Up to The Weeknd. *House of Balloons* has, is and will be on repeat for a long time.



Thumbs Down to people that call me "boss" and "chief." Really rubs me the wrong way.



Thumbs Up to spring sports at Oyster River. I'm smelling eight state championships (yes, that includes you softball and boys volleyball.)



Thumbs Down to Mac Miller. Hands down worst artist alive. Hands down. Someone explain to me how anyone likes him.



Thumbs Up to no more snow. It took a while but it's gone.



Thumps Down to the music at dances this year. Every dance I've requested "What's Love" by Fat Joe and it has NEVER been played.

WHY OYSTER RIVER NEEDS THE NEWSPAPER

When I was a freshman, sophomore and junior, I used to love walking into the lunchroom and seeing the large stack of newspapers that were littered all over the square tables. I didn't read every article and I didn't like every cover, yet I anticipated those moments, sitting with my friends at lunch, discussing which articles sucked and which articles were awesome. Those days were some of the best days over my lunch room years and I know others feel the same.

However, those days will forever vanish from Oyster River High School, starting next year. Only six people signed up for the 2011-2012 class of Journalism II, which produces Mouth of the River.

What the 4311? How could this happen? Why would this happen? I remember being full of excitement when I was given permission to take Journalism II, so I could provide the same amount of happiness to other students that ones previously provided to me. I viewed it as an honor, a privilege to produce Mouth of the River. I heard of numerous people getting denied access to this class, because it was such a popular course to take, which made it even more rewarding to get an acceptance.

As the year has gone on, I have grown to become more fond of the newspaper. That's why I am offended and ashamed of the sophomores and juniors that denied to take this class for next year. That's right, next year, Mouth of the River will be obsolete.

So, what can you do about it? Sign up for Journalism II? Well, it might be too late now, however this is addressed to the current sophomores: In the 2012-2013

school year I implore you all to sign up for the class.

Mouth of the River is essential to the history of Oyster River. I have taken time out to go back and look at old issues of the newspaper. In 2005 there was a segment on Matt Sarno playing baseball. In a 2002 issue, I read articles written by Todd Heuchling. These are artifacts that are extremely sentimental that you would not be able to find anywhere but the newspaper (or yearbook, which is also getting cut as a class.)

My final message to the students of Oyster River: If you want to be remembered in the history of this great high school, whether you're an athlete or an artist, a looker or a thief, you need the newspaper. You will be recognized and recalled for eternity through the articles. Without M.O.R.? This will never happen again.

MOUTH OF THE RIVER

R.I.P.
Mouth of the
River.



LIFE WITHOUT FACEBOOK: IS THIS LIFE AT ALL?



Rachel Murphy
Guest Writer

Life without Facebook. I didn't even want to imagine this horrific moment ever coming true. But, this nightmare did indeed come true. Thanks to my entire journalism class and teacher, Mrs. Kucera.

It happened on a dreary Monday morning, at 9:31 to be exact. A few minutes after my journalism class began, I reluctantly gave my email and password information to Bridget Regan, Editor-In-Chief, who promised me that she would guard my private information with her life. I watched as she switched my password and the email address on the account and disabled my account. I had barely even typed a final goodbye to my friend Samuel who I was talking too, when the page disappeared before my eyes. Deleted! For the next week of my life, until the following Monday at 9:31, I would have to live Facebook-less for the first time since ninth grade. I was about to see how much my life would be impacted without Facebook and how not having a Facebook would impact my friends and family as well.

My Facebook was disabled for several reasons. Reason one: I spend way too much time on Facebook. Although this is a statement which most of the time I flat out deny, as a truth for those of you reading this, I'll let you in on a little hint. I actually spend too much of my time being logged onto Facebook. Another reason for this horrible decision of deactivating my Facebook was the fact that I needed time to focus. There are two online classes that I am struggling to finish with a June 9th deadline. Every time that I log into my online classes to do some work, I end up getting distracted by my Facebook.

One good thing that I have realized about Facebook is the easy way it allows me to communicate with my long distance friends. I have friends from Argentina, Uruguay, and all over the United States. Facebook allows me to stay close with my friends who are far away. I talk to one of my good friends from Argentina, Carolina Garcia, usually several times a month. Even though, we are thousands of miles apart we're able to stay close through Facebook. Facebook has been a great tool for me to be able to talk to my friends who have gone off to college as well. Even though they aren't far away, I still usually stay in pretty good touch with my good friends.

The other reason I use Facebook is for my pictures. Anyone who knows me can say that I am a "photoholic". After spending several minutes adding up the dozens and dozens of albums that I had on Facebook I came to the exact number of photos that I had on Facebook as of March 21st, 2011. Drum roll please... the exact number of photos that Rachel Ellen Murphy has on Facebook is: 29788. That's a lot of photos, if I do say so myself. The reason why there are so many of my photos on Facebook is because whenever I am out with friends or at sporting events I take photos. Afterwards, my friends want to see the photos so I put them all up on Facebook for them to see.

My life without Facebook began as soon as it was deactivated.

"Facebook is evil."

The initial feeling that I felt was emptiness. I missed being able to talk to my friends. But, then I started to write a blog. What I didn't know, was that the link to my blog got sent to every teacher in the school, and then later when I checked it I had several comments. It was kind of people to check in on me and offer their support. I felt motivated after that. I was determined to find success in my week without Facebook.

I turned my stress and frustrations to baking and started to make cookies. I started off with the basic chocolate chip cookies and brought them into my friends at school to eat. I then started to make sugar cookies and decorated them by myself. I spent a rough estimate of 30 dollars on cookie supplies that

week. While it was fun to bake cookies, I didn't really find that I had a lot more free time. I spent the time that I didn't spend on Facebook, going to bed earlier and getting a good night's sleep.

I wasn't the only person who I know who deactivated their Facebook recently. Fellow senior classmate, Emma True deactivated hers for a couple of months to be able to focus more. "I wanted to focus more on finishing college applications. And I got sick of it," True added. True said that she didn't like "when people asked if I checked Facebook, or got their inbox. I rather that they just call me or something. It's easier that way." True bravely deactivated her Facebook for a month and a half. During that month and a half it was not difficult for her. "I

was fine," she told me. "I wasn't worried. In a way I felt less stressed. I wasn't distracted from Facebook." The only reason that True went back to being on Facebook was because her sister left for India. "It would be hard to contact her without it,"

True stated.

During my week without Facebook, my friends outside of my journalism class were waiting excitedly for me to get my Facebook up. There were many important events to which I had brought my camera, to such as the Sadies Hawkins dance and several hockey games. When my Facebook was deactivated it caused all of my 29788 photos to disappear. My friends who were tagged in my photos before lost them all. I have friends who I have taken hundreds of photos of.

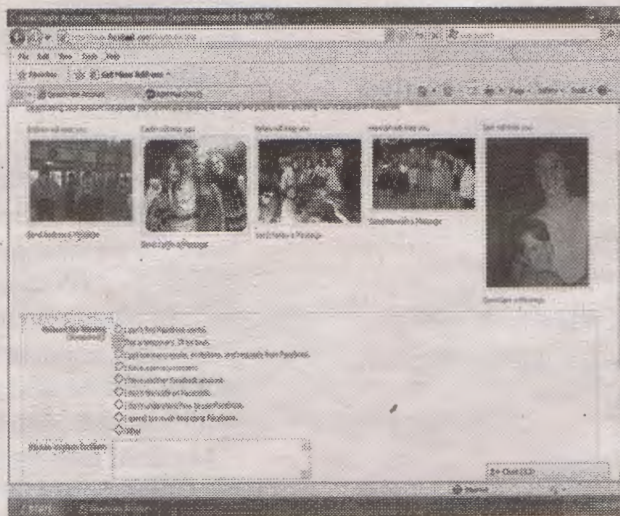
My family members who saw me at home without my Facebook didn't really see much of a difference. When I asked my mom how she thought my life was impacted without Facebook, she paused for a moment before answering. "I honestly didn't see much of a difference in you," she murmured, "If anything I was just glad you weren't checking Facebook

all the time." My father on the other hand was extremely glad that I had given up Facebook for the week. All the time, he always states that, "Facebook is evil."

Dartmouth student and my good friend, Sam Winters told me that without me on Facebook that "we had been no longer able to communicate as much. Also, many of my photos were temporarily taken down." Winters has also deactivated his

Facebook continued on page 31.

Number of
photos that
Rachel Ellen
Murphy has on
Facebook:
29,788



My last moment on Facebook, looked like this. It said the friends who would miss me when I left. I wanted to turn away and not deactivate it at that moment.

Facebook
Continued from page 30



An example of the one of many delicious cookies that I spent time baking and decorating. This cookie was not only excellent looking, but it tasted phenomenal. I call this: Mr. Happy Face!

Facebook before to be able to focus more on his upcoming exams, earlier this year. Winters' brother and friend of mine, Nate also was asked about how much I affected him on Facebook. In response to this question he answered, "Rachel chronicled my sophomore year of high school to help me maintain memories. Which was awesome." I'll admit that giving up my Facebook was hard. One of the things I enjoyed other than baking cookies almost every night and getting more sleep, was the fact that I wasn't feeling bound to the computer. When I have my Facebook, I feel the need to check it to see if I have a notification or if anything big is hap-

pening. Without it, I realized I felt free. At home I was relaxed the entire week, the only time I truly missed my Facebook was when I was at school and people were checking it around me. Although, I see no chance of me giving up Facebook anytime in the future, I definitely think that a week without it was very eye opening.

TOP TEN THINGS I LEARNED
FROM NOT BEING ON
FACEBOOK:

- 1.) I learned that I spend a lot of time on Facebook.
- 2.) I learned how to become a better baker.
- 3.) I learned that I have a very big sweet tooth.
- 4.) I learned that my friends love when I bring food in for them.
- 5.) I learned that I get more sleep when I don't use Facebook.
- 6.) I learned that I don't have more free time, but, what I do have is more time to procrastinate.
- 7.) I learned that computers and networking websites can take control of my life.
- 8.) I learned that I get very grumpy and irritated when people take my things away.
- 9.) I learned that I can have fun without technology.
- 10.) I learned that maybe Facebook is addicting after all.

What We Like In a Teacher
Continued from page 27

All teachers somehow manage to make bonds with their students and I really think this gives students an incentive to do better in school. Our friendly atmosphere here is a great success tool.

Classroom settings are also a big thing with us. We like classrooms that are comfortable when you walk in. "I like it when desks are in a circle, it makes it easier for discussions. Nice lighting is also key," said Miller.

Oyster River is filled with amazing teachers who want to see us succeed. But there are a few in particular that you know just by walking in their room, you are going to take a lot from the class.

Mrs. Raiford is one of those teachers. She has been teaching at Oyster River for many years and her happy personality and cheerful attitude towards every class she teaches makes students want to learn. The more comfortable we feel in the classroom the better off we will be. "I see myself as a very student-centered teacher. It's rare for me to lecture. I think my strength is covering content primarily through asking questions and (hopefully) encouraging my students to think deeply about the material and form their own opinions and ideas, based on strong reasoning and evidence," said Raiford.

Another reason why every student loves Raiford is because she listens to us. "My students have been some of my greatest teachers when it comes to my growth as a teacher. The hard (and beautiful) thing about teaching young people is that they are a

very honest audience. The bottom line is that if things aren't working well for the students in my class then I am just wasting their time and squandering an important opportunity for meaningful learning," said Raiford.

And just one floor up from Raiford is the math floor. Mrs. Drake, a math teacher here at Oyster River, always makes her class an interesting one to go to. Math has always been a class I dread going to but with Ms. Drake she makes you feel at ease with learning new things. "I would describe my teaching style as loud, easy-going, and adaptive. I've always approached teaching as a way to interest my students in what I'm talking about. It's important to me that my students are comfortable coming into my class, trying something new, taking a risk even if it means they make a mistake. Math can be a nerve wracking subject for many kids, and I really want them to be at ease and as worry free as possible," said Drake.

Just like Raiford, Drake believes that her students influence the way she teaches. "I definitely believe each class has their own personality, and that we as teachers have to sometimes adapt our delivery, techniques, and activities to help our students reach their maximum potential," explained Drake.

I'm sure next year I will start another four years of filling out those evaluation form, and I just hope that the work that I put into filling them out, will reflect how the professor teaches their class.



THE RANTS:

I HATE COLLEGE (REMIX)



Ben Belanger
Editor-in-Chief

So, I've got some good news and I've got some bad news - which do you want first?

The good news? Alright.

The good news is that college is supposed to be pretty cool.

The bad news? I'm sick of college already.

Don't get me wrong, I'm ready to move on to college, but the idea of dropping \$50,000 per year in order to get myself a job making \$75,000 per year just takes away a little bit of the fun.

To all the seniors who made it through the application process without missing any deadlines, I commend you. (I wasn't among that group of people, seeing as how I missed four of my five financial aid deadlines...) To all the juniors, I'd like to give you fair warning. Applying to college absolutely BLOWS. The essay, the CommonApp, the FAFSA, the scholarship applications, the CSS profile, the IDOC... the list goes on. It all blows. Every. Single. Thing.

Let's be real, we're all terrified to find our roommate assignments. Either that or it's just me and nobody

is going to know what I'm talking about here. So now you know I'm terrified to find out who my roommate will be. I don't want that annoying kid who thinks you're friends, but who you actually hate everything about. You know that guy. I don't want him. I don't want that guy who wears more chains than a prison inmate. I don't want that guy who really likes peck slaps and yelling for no reason. And although I'd love to have Minka Kelly as my roommate next year, I really don't want my roommate to kill me like in her movie *The Roommate*. Actually, I'd probably let her kill me as long as all my friends would find out. Is that weird?

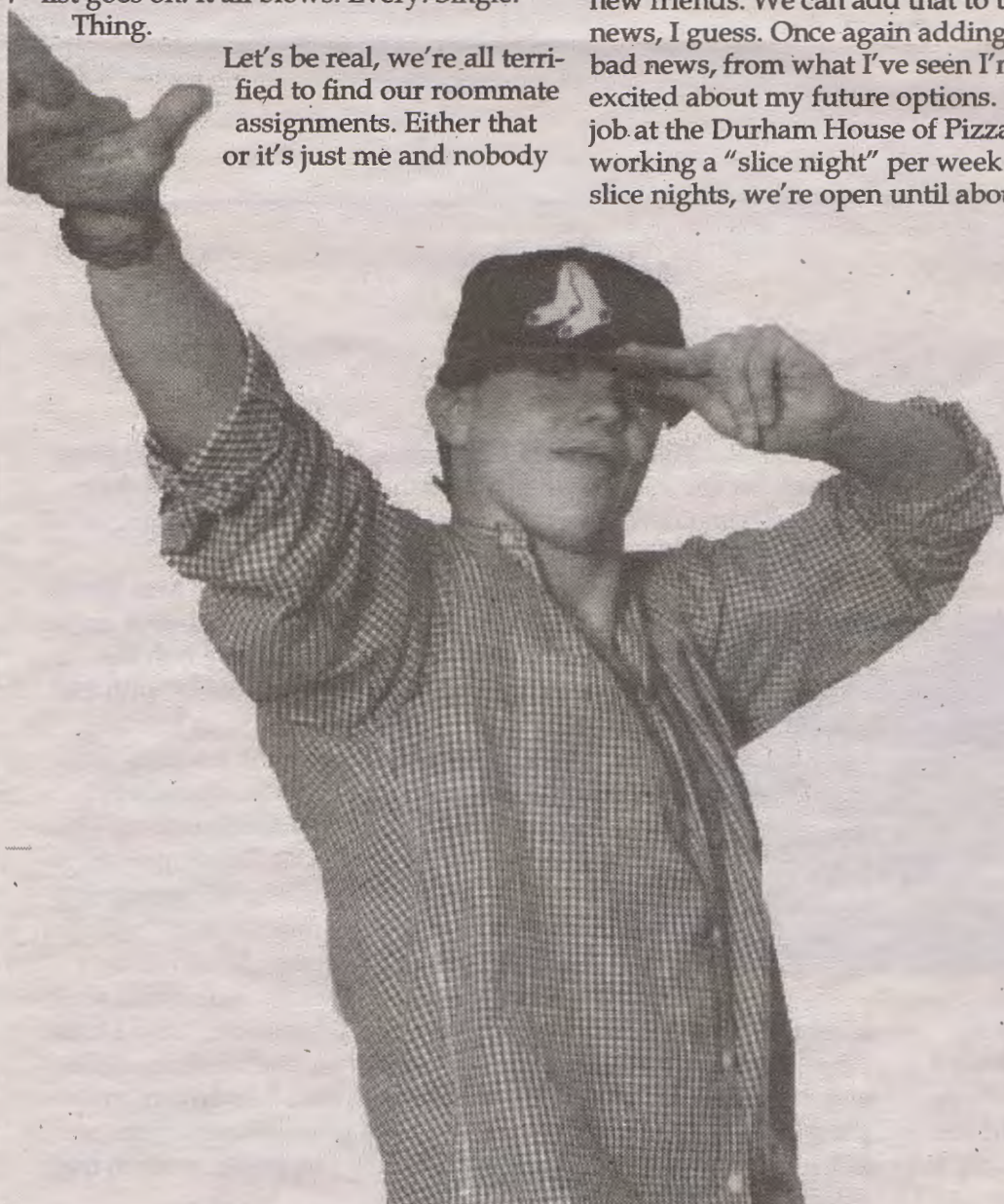
In all seriousness, death and college haven't been completely unrelated in the last few months. The suicide rate at Cornell was so high that the university was required to put up fences around the bridges to prevent more deaths. We've all heard of the 20-year old UNH Student Nathaniel Bresler from Bow who willingly laid down on the train tracks downtown resulting in his death. Maybe college isn't all it's shaped up to be. Maybe the stress, the work and the money just isn't worth it. It's a scary thought that such a huge investment of time and money could result in something so terrible.

On a slightly brighter note, I like making new friends. We can add that to the good news, I guess. Once again adding to the bad news, from what I've seen I'm not too excited about my future options. I've had a job at the Durham House of Pizza since July, working a "slice night" per week. During slice nights, we're open until about 3 AM

and I typically see hundreds of students per night. I'm not making this up. The abundance of bros with cutoff tees and high socks at UNH slightly concerns me, as does the lack of girls with any sort of brain activity going on. The tanned, drunk and completely cocky population of the university just raises a red flag for the future of this country. Jersey Shore has ruined something else for me (see my Rants in Issue 2.)

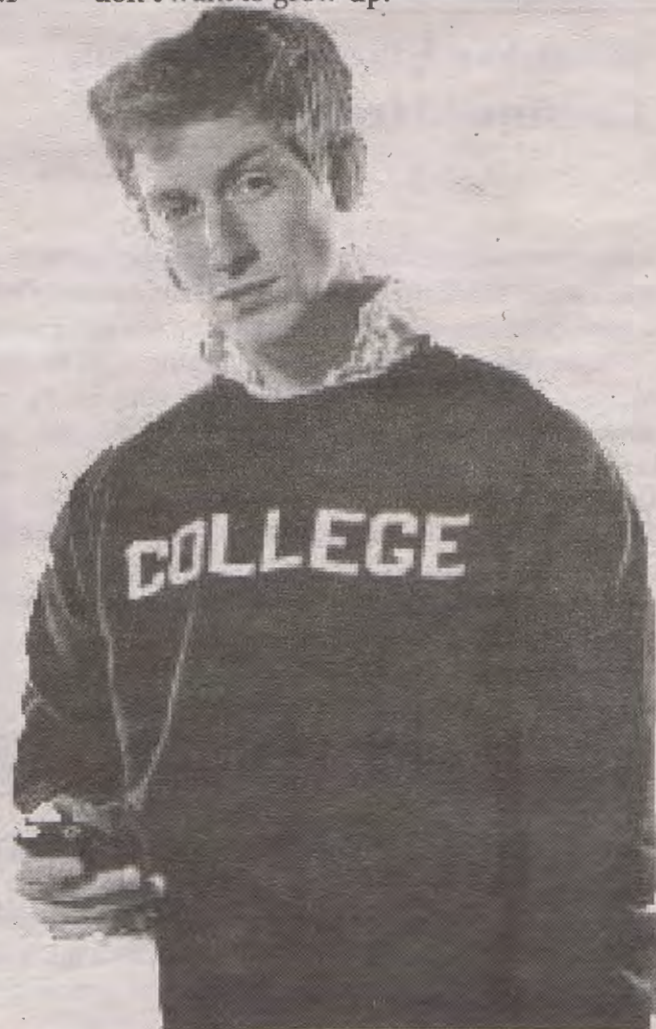
Last, but not least, is the feeling that I get when thinking back on my years at Oyster River. From the time that I started writing this article (11:24 PM on March 24, 2011) to the current time (11:42 PM) I've realized that I'm not ready to go. I've loved my experiences here, but I came to this realization after thinking about something that you probably wouldn't expect. I feel almost as if everything I've worked for, everything I've done in high school was a lie. There was little meaning in anything because nothing was definite - nothing was concrete. Friendship, relationships, interests; sure, they've felt real the whole time, but as soon as high school is over many will fade into nothing. It's like these have been watered-down, trial versions that were built to fail and in order to get the real thing, I'll have to pay the \$50,000 per year licensing fee. It's as if the entirety of the first 17 years of my life was just a prequel, a preview of real life just to prepare me for the real deal. I can't say I'm a fan of that.

I'm 17, I don't want to make a decision that can affect my whole life. I don't want to make new friends. I don't want to go to college. I don't want to grow up.



SAMMY ADAMS!

He hates college, but loves all the parties.



Ash-Roth <3s college

Photos courtesy of Google Images

BIEBER FEVER



Bridget Regan
Editor-in-Chief

The Biebs. Adore him or despise him, there is no denying that he gets chicks. And even if you don't like his music, he has talent. Discovered on YouTube in 2008, Justin Bieber's life has only gone up. He started out playing for radio stations around the country, and within a year,

had sold out Madison Square Garden. Bieber Fever has spread fast throughout the world – and why fight it? In the fall of 2010, it was reported that JB takes up 3% of all Twitter traffic. Love him or hate him, it's still an obsession. Former Oyster River student, Tommy McDonnell, understands the pure brilliance that is Justin Bieber. "His appeal is definitely just like his swagger," McDonnell says. "I like him/his music because it's so catchy, and it's sick how he does that stuff at such a young age." It really frustrates me when people say that they hate Justin and that he has no talent. How can you hate someone you don't know? It's just ignorant. Andrea Belaidi, a senior, agrees with what I have to say. "People judge him because they think he doesn't have talent, but what they don't understand is that he has probably worked a lot harder than any of us and is extremely talented." If you know your place, you will

respect the words of the Andrea Belaidi. But it's not all sugary sweets and gumdrops from everyone. Senior Geoff Lee is not a Belieber, and he explains why. "He sounds like a 12 year old girl," Lee explains. "Why would I take the time to listen to that? If I wanted to listen to prepubescent boys, I would hang out with the fifth grade chorus at the middle school." Rude? I agree. The fact of the matter is, Bieber is a demi-god. They said it in Glee, therefore it is fact. Justin Bieber has won the hearts of millions and taken over the world in less than a year. Who are the haters to stop him? If you're still not a fan yet and wonder what you're missin', it's paradise. With him you'll win it and you won't have to roll the dice. It's as simple as that.



He's referred to by Ciera Gobron as a "white Chris Brown," and how can you hate that? Haters can keep on hating, but you can't stop the wonder of Bieber Fever.

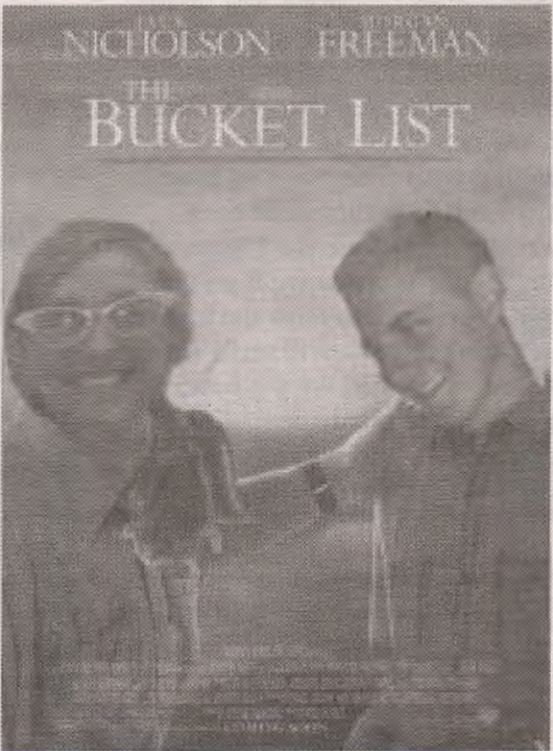
A LETTER FROM THE EDITORS

Dearest Friends,

Summer vacation is two months away. SRSLY? O RLY? WOOT. Pwn n00bz. Anyways, there's one quarter left in this year. You know what that means? We need to make ourselves known as legends. Seniors, we've got some work to do. Underclassmen, you've got time.

Our end of the year bucket-list:

1. Forgive all your "enemies."
2. Jump off the trestle
3. Try the Maple Bacon Sundae off Denny's Baconalia Menu
4. Serenade someone with a little Norah Jones
5. Sneak into the field house and jump on the mats, middle school style
6. Go skinny dipping/streaking ;)
7. Water fight and BBQ in senior lot
8. Have a night at the clown hole
9. Start a school-wide game of assassin
10. Make friends with Matisyahu
11. Have one more bull run with the freshmen...
12. Party on an empty island
13. Graduate



Here's what other seniors hope to do:

- "Find Rusty Jeffrey's Treasure" – Nick Brown
- "Learn how to juggle... or solve a Rubix cube. Those are two things I've always been pissed I can't do." – John Andrew
- "Get a sweet tatt" – Brandi LaPierre
- "Kill Bridget Regan" – Jack Garnhart. "...Just kidding. To have a good time with my friends before we all go away forever."
- "Make a good follies" – Andrea Belaidi
- "Find the lost gnome" – Ethan Hotchkiss, Nathan Tong
- "I wanna go to Montreal" – Hallie Miller
- "Pull a sick senior prank" – Kyle Frye
- "Skydive" – Evan Guillemette
- "Pass US History" – Joe Bennett

Have fun, children.

Love you long time,

Bridget and Ben

SPRING SPORTS PREDICTIONS AND PREVIEWS



Rachel Murphy
Sports Writer

The last bits of snow have finally begun to melt, as mud replaces ice on our sports fields. Its spring sport seasons at Oyster River! It's time to dust off volleyballs, restring lacrosse sticks, break out your tennis rackets, and hear the crackling noise of bats swinging through the air as they hit a homerun.

This spring season is going to be big. It's going to be huge. You can expect great things from Oyster River athletes from the Promised Land. I've talked to several key athletes and captains from each sport team to learn about their predictions for the season.

Girls' Lacrosse:

Emily Rodgers:

1.) Best team moment from last year?

Senior day. It was really special seeing all of them recognized. I had been playing with most of them since freshman year, so it was great seeing all of the seniors through to their last games. It was a great class and I knew I was going to miss them all.

2.) Any regrets as a team from last year?

Not being able to beat Hollis-Brookline before they moved up to the next division. We came close in the semi-finals but weren't able to finish.

3.) Players to watch out for?

Meredith Gitschier, Marissa Biederman, Chole Piel, and Paige Moody.

4.) What are your predictions for this sports season?

With Hollis-Brookline out of the division, I think we have a good shot at it if we keep it up with the intensity and are dedicated throughout the whole season.

Boys' Lacrosse:

Joseph Fletcher:

1.) Best team moment from last year?

The best moment was probably beating Bow, a feat that I know no one on that team had ever achieved and something that the program hadn't done since 2003. During the first quarter of that game, Donny (Donovan Kelley) tore his ACL and it looked like we were in trouble. Trailing Bow 1-3 at halftime, Donny was driven over to the huddle in the corner of the field in the Gator. He gave us a speech that literally ended in him crying. That really pumped us up. We came out in the 2nd half and beat them 6-4.

2.) Any regrets as a team from last year?

The biggest regret for last year was not taking the team to where its potential should have allowed us to take it. Ending the regular season at 11-3 as the 4th seed, and beating the 1st and 2nd seed in the regular season (taking the 3rd seed to triple overtime), we were probably the best team in the state. It was a huge upset and was such a letdown. I think that everyone's hungrier than they've ever been this year.

3.) Players to watch out for?

Look for the trifecta of all attack lines: Jeff Johnson, Mike McGann and Brad Burke. Jeff's a good dodger with a cannon. Mike's a good crease attackman, who will most likely do the majority of the scoring this year. Brad's the perfect complement to the line by being a good lefty shooter. Also look out for Tom Gehling and Forrest Hoffman in the midfield, and "Baby" Rye Morril and Ethan Hotchkiss holding down the Defensive end.

4.) What are your predictions for this sports season?

I've been on this team for four years and been through this pre-season a lot. It's different this year. We're a group of seniors who have been playing with each other so long we don't really need to acclimate to each other. That's really important, for a team to gel so early on. As far as we're we'll go this season, it's our last chance to raise the banner and I don't think anyone will settle for less this year. We see Dover, we see Bow, but they just don't have the drive that we do, we've been robbed, and we're gonna go Liam Neeson "Taken" on the league this year.

Boys' Tennis:

Tony Limauro:

1.) Best team moment from last year?

We won our first playoff match at home last year, which was really exciting because every other year that I have played, we have lost in the first round or haven't made playoffs.

2.) Any regrets as a team from last year?

We lost a tough match to Pelham last year, our most hated rival. It was sad and disappointing because we didn't really play our best.

3.) Players to watch out for?

Louis Monterosso is a big addition to our team as a freshman. Zach Jones will be another new key starter that will play well for us too.

4.) What are your predictions for this sports season?

Talent wise, we are the second best team in the league, behind only to Bedford. If we're able to come together as a team, there is no reason we can't make a good run and possibly get to the ship.

Boys' Volleyball

Xander Bahl:

1.) Best team moment from last year?

When we took a match from Salem, was a good feeling because they had gone undefeated for seven years.

2.) Any regrets as a team from last year?

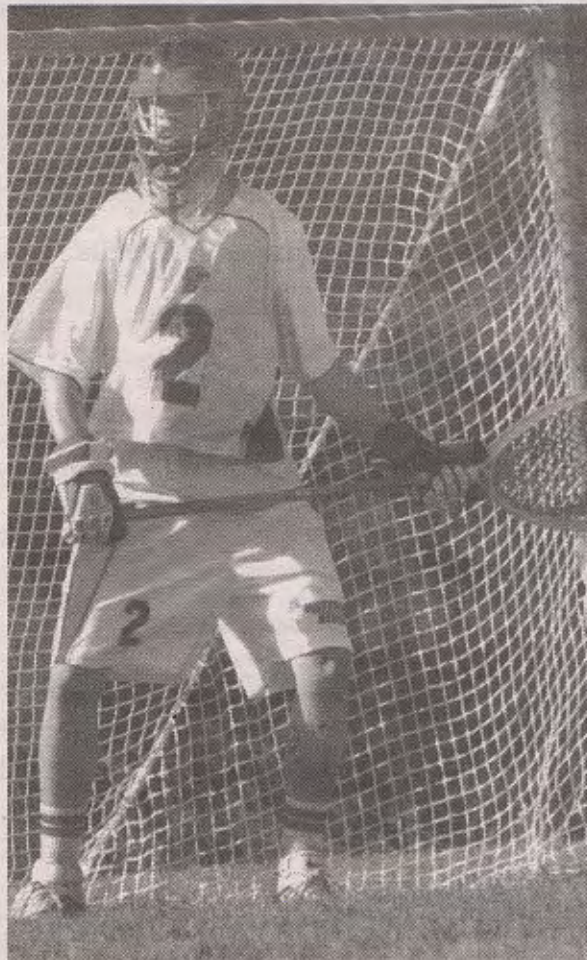
I don't have any regrets. We did as well as we have done every year.

3.) Players to watch out for?

Adam Goodwin.

4.) What are your predictions for this sports season?

I'm seeing a championship victory, no lie. Also to beat Salem at least once.



Joseph Fletcher defending the goal.



Xander Bahl is excited for volleyball season!

SPRING SPORTS CONTINUED.....

Sotfball:

Lauren Sullivan:

1.) **Best team moment from last year?**

Winning our first game for the middle school team after 2 years.

2.) **Any regrets as a team from last year?**

We were dissappointed that we didn't win more games.

3.) **Players to watch out for?**

China Wong and Kaya Cooley are both freshmen that should do well this year.

4.) **What are your predictions for this sports season?**

This is young team with over half the players being freshman (including me) Its going to be a tough year, but my hope is that we will win at least one game this season



Paul Larkin Pole Vaulting

Girls' Tennis:

Izzy Gorham and Kristen Rohde:

1.) **Best team moment from last year?**

Our team was very, very close last year, with lots of team bonding. If I had to pick out one moment, I couldn't. The whole year was great!

2.) **Any regrets as a team from last year?**

No, not really. Obviously, making it to play-offs would have been a bonus, but we had fun and everyone did well.

3.) **Players to watch out for?**

For our team, Izzy Gorham and Marcela Dorfsman-Hopkins are the only returning top players because we graduated so many seniors last year! But, we have a lot of good players coming up.

4.) **What are your predictions for this sports season?**

It is definitely a building year, we only have one senior leaving this year, with five who graduated last year. Our team is young.

Spring Track:

Sara Coit:

1.) **Best team moment from last year?**

The first time I three stepped in hurdles. It's an extremely difficult thing to achieve, and I was very frustrated when I was stuck four stepping. I knew that I had the ability, I just couldn't do it. When I finally three stepped it was a huge relief and I was so excited.

2.) **Any regrets as a team from last year?**

I don't think that we really had any team regrets, maybe a few people had personal regrets. I think that last year was a very strong season for us because everyone worked very hard and was motivated to improve every practice. We also got along well as a team.

3.) **Players to watch out for?**

Mandi Lathrop and Natalie Bilynsky have both really improved. Many of the boys from indoor track are returning this season after winning the indoor state championship and should be big contributors to the team.

4.) **What are your predictions for this sports season?**

I think that this season will be strong for us. Our boys team is coming off of a state championship win which is so amazing! I think this will motivate them to do well this spring season. Our girls team is looking strong with members such as Natalie Bilynsky and Mandi Lathrop. We also have a solid group over all.

Baseball:

Brady Brickner-Wood:

1.) **Best team moment from last year?**

My most memorable moment in high school baseball was probably when I started my first ever varsity game as a sophomore. I was really nervous, but let the nerves go quick. So far this year, my favorite memory is just playing day in and day out with guys I've been playing with my whole life at this level.

2.) **Any regrets as a team from last year?**

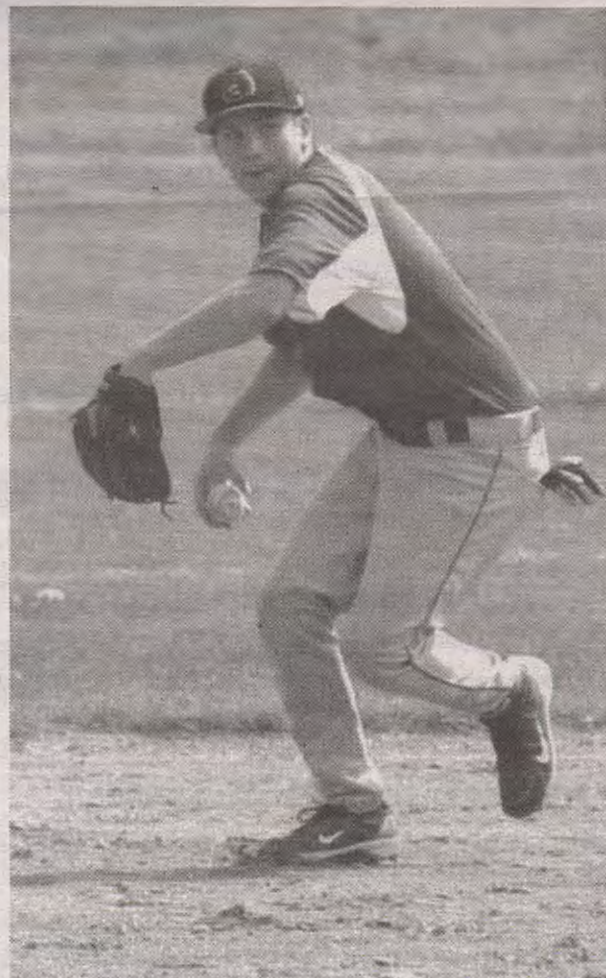
The guys that were on the team last year will all tell you that last year didn't go as expected. We dealt with a lot of internal issues and our team chemistry was off. I guess the only regret is that we didn't play to our full potential.

3.) **Players to watch out for?**

We have 13 seniors this year and seven of them are playing their first year of varsity baseball. They're all looking good so far, so I'm expecting them all to play good quality baseball. We only have two non-seniors, Junior Ryan Frazier and Sophomore Travis Hackett. Both guys should fill big roles on the team this year.

4.) **What are your predictions for this sports season?**

I expect really good things this year. We have four great pitchers and our lineup is experienced and motivated. The thing that separates this team from previous Oyster River baseball teams is our will to win. We all know what we have to do to win, and if we do that, we should surprise a lot of people this year.



Brady Brickner-Wood making a play at shortstop. Courtesy of Facebook



Michael Bilynsky
Sports Writer

ATHLETES OF THE ISSUE

Robbie Greenleaf III

After losing to Portsmouth in the preliminary play-off game last year, the Oyster River baseball team has many returning starters and is eager for another chance to topple Portsmouth High School's sixty-eight game winning streak. One player that Oyster River will count on this season is Robbie Greenleaf. Greenleaf has been recruited to pitch for Southern New Hampshire University and Franklin Pierce University.



Robbie preparing for a pitch, courtesy of Facebook

Q: Who is your sports hero?

A: Phil Hughes and Aaron Rodgers

Q: What is your favorite baseball memory?

A: Going to regionals as a 15 year old.

Q: What was your least favorite baseball memory?

A: Losing to the Blue Team in the championship and getting beat by Portsmouth 25-0 sophomore year.

Q: What is your biggest goal for the season?

A: At the very least, I want a home playoff game. We have the best pitching in the state so there's no reason that we shouldn't.

Q: What is your pre-game ritual?

A: I don't have any, I only get superstitious during the games.

Q: What is your favorite brand of baseball equipment?

A: Nike

Emily Rodgers

Emily Rodgers has played on the lacrosse team for the past three seasons and has scored 152 goals going into her senior season. Rodgers holds the school record for most goals and has already committed to playing at Springfield College next year. After making it to the semifinals last year, Rodgers hopes to lead her team deep into the play-offs in her last high school season.



Emily Rodgers practicing before the season, courtesy of Facebook

Q: Who is your sports hero?

A: Timmy Lincecum

Q: What is your favorite lacrosse memory?

A: Making it to the final four my sophomore and junior year! That was great-we had the first round playoffs games at home both years and that was awesome!

Q: What was your least favorite lacrosse memory?

A: Probably losing to Hollis Brookline last year in the final four, I wish that we beat them at least once before they went up to DII.

Q: What is your biggest goal for the season?

A: Make it to the championship game and win. We have a pretty good shot this year if everyone stays focused and plays hard. Once everything clicks, we will be a really good team.

Q: What is your pre-game ritual?

A: Meredith Gitcher and I do our special high five, it is the best.

Q: What is your favorite brand of apparel?

A: Nike

STICKS AND STONES CAN BREAK MY BONES



Michael Bilynsky
Sports Writer

The Oyster River athletic fields have witnessed hundreds of team victories as well as individual triumphs. However, many of these players that shed their blood sweat and tears for their teams miss out on their seasons due to sports related injuries. Sports are an important part of many teenagers' lives. However many people wonder if the growing threat of a lifelong injury or complication is worth the few years of competition that many argue create irreplaceable memories that adults still cherish to this day.

Mike Feld is the athletic trainer for Oyster River High School and deals with both short and long term sport related injuries. Often times, Feld hands his patients off to Rehab 3 for physical therapy when they experience a reoccurring injury which takes a long time to treat.

Injuries often have the power to breakdown a team's chemistry. Violent sports like lacrosse and hockey, where players experience a lot of injuries are generally effected the most. Football players usually experience the most injuries out of main stream sports. Feld believes, "if Oyster River had a football team the number of injuries here would double." The amount of injuries in these sports can often throw a team off its game, especially when it's a captain or a key player. Joseph Fletcher remembers the lacrosse team dealing with several of these injuries last year and how they affected his team. "Last year Donny got injured during the Bow game that really through the whole team off," said Fletcher. "He was a sort of glue that kept the whole team together, luckily he gave us a good speech to get our heads back into the game." Fletcher feels that the season would have gone differently if their captain Donovan Kelly had been healthy throughout the season.

Injuries take a long time to heal properly. Nick Ricciardi is the indoor and outdoor track coach at Oyster River. After several seasons of coaching and over a decade of competing at the high school and collegiate levels, he knows the effects of an injury first hand. "When ever an athlete gets injured it's unfortunate," says Ricciardi. "When this happens, my focus is always on proper rehabilitation and not getting them back on the field as quick as possible. In the bigger picture it's better to rehab them correctly than to get them back on the field before they are ready."

Most sport related injuries heal over time, however athletes often try to push through these injuries in fear of getting replaced in the line-up or sacrificing a portion of the short time they have to play in high school. Often times these decisions to fight through the pain can lead to worse injury and complications that follow these players for the rest of their lives. Waiting out an injury is always tough, but is an important step to getting healthy that should not be overlooked.



Jeff Johnson going to great lengths to prevent another concussion

Concussions

"Everything went blue," lacrosse player Jeff Johnson stated as he explained his fourth and most recent concussion.

Jeff is one of many student athletes that have dealt with head injuries. This year, Oyster River High School has begun to monitor these injuries more closely by implementing mandatory concussion tests for most sports. These thirty to forty-five minute tests are run through a computer to test reaction time. These tests are recorded before the season so that if an athlete experiences a possible concussion, he or she can be tested again to see the extent of the damage.

Concussions are different than other injuries due to the fact that the symptoms are hidden. Often making the athletes feel that they are set to play or that they can battle through the pain before they are fully healed. This is one problem that Athletic Director Don Maynard feels is important to monitor. "Kids really don't understand the effects of an injury," said Maynard. "Especially internal injuries like concussions."

Johnson is a senior this year and is projected to be a key player on the varsity lacrosse team this upcoming season. However his previous concussions have the potential effect his final season with the Bobcats. "There are three different stages of concussions," said Johnson, "if I get a stage two or stage three concussion than I will need to sit out for six months to a year."

Jeff remembers his worst concussion happened during his freshman year. "I was getting towed behind my brother's truck in a tube after it snowed like six inches," said Johnson. "We came to a three way stop that was only half-plowed so that there was a small snowbank across the road. When my brother saw that he floored it and I flew over the snowbank. I just remember floating and twisting through the air. It was one of the wierdest feelings ever. I fell and smacked my head on the pavement and started seeing stars and \$&!%. When I sat up, my ears were ringing and I felt dizzy. I still feel the effects of that concussion today."

Ever since that concussion Johnson has had serious eye problems and feels a little less sharp than he was before. "You know how doctors always say you can fix a knee, but you can't fix a brain? I now feel like I need to listen to that a little better. I definitely can feel the effects from my concussions. My eyes are more sensitive and I feel a little bit slower then I used to be. I would way rather break a bone that get a concussion again."



Jack Lewis
Sports Writer

BOYS' SWIM TEAM REPEATS AS CHAMPIONS



The swim team of Oyster River High School has been at the top of Division II athletics since 2007. As a freshman Tom Duvall's goals were to do his best in all of his events. Now as a senior, his goals were to win a fourth state championship, to win all of his events and to hopefully make Junior Nationals. This goal for him has become a reality.

Tom Duvall said, "as a freshman, I would have never thought of accomplishing this." This proves that with a lot of training, you can accomplish anything. In addition to swimming with the high school team, Duvall swims with Seacoast Swimming Association (SSA) out of Dover, NH. He trains along side Oyster River swimmers Alex Jones and Joe Lane. These SSA swimmers train up to about 20 hours per week at the Dover Indoor Pool. This does not take into account the amount of time they train with the high school team.

Other members of the Oyster River swim team either train with Durham's Oyster River Otters, or solely for the high school team. Both teams train out of the University of New Hampshire's Swasey Pool. While the high school team has not had as much training time as the Seacoast swimmers, at meets they all come together as one and compete as a

unified team.

Junior Alex Jones has been a part of SSA for about three years now and since then has much improved. He has been placing higher and higher each year of his high school

career. In the State Championship meet of 2010, he placed 2nd in the 100 yard Butterfly with a time of 57.48 seconds. As a junior he placed first at this years State Championship meet with a time of 55.91 seconds. Jones said, "I have worked really hard to accomplish this and without the practice and support from my teammates and coaches, I wouldn't be able to do this."

Oyster River coach, Bill Reeves, only has great things to say about his team. Before every meet he tries to figure out the placing of everyone to see where we might end up. "Nothing is over until the end" said Reeves. He tells all of his swimmers this so that they don't give up if things are not going as well as they had hoped during the meet. "Having the top team in the state for four years in a row is the most exhilarating feeling in the world," said Reeves. Next year will be very difficult though with losing a lot of top placing seniors. "The underclassmen will just have to keep working harder and harder to keep their rank," said Reeves. You never know what can happen. You just have to work hard and see what you get.



**Senior Tom Duvall winning the
500 Free at this years
State Championships.**

MEMBERS OF THE BOYS' STATE TEAM 2011:

Tom Duvall, Jack Lewis, Ryan Horton, David Isenberg, Joe Lane, Alex Jones, Parker Eastman, Scott Fillion, Andras Palfi, Chris Rouleau, and Drew Thibault.

BOY STATE CHAMPIONS FROM OR:

Tom Duvall: 200 IM and 500 Free.

Alex Jones: 100 Butterfly

Joe Lane: 100 Backstroke

Jack Lewis: 1-Meter Diving

200 Free Relay: Ryan Horton, Parker Eastman,

Alex Jones, Andras Palfi

400 Free Relay: Tom Duvall, Ryan Horton, Joe Lane, Andras Palfi



**Joe Lane starting for the
100 Backstroke.**



**Parker Eastman swimming
the 100 Breaststroke.**



Jack Lewis
Sports Writer

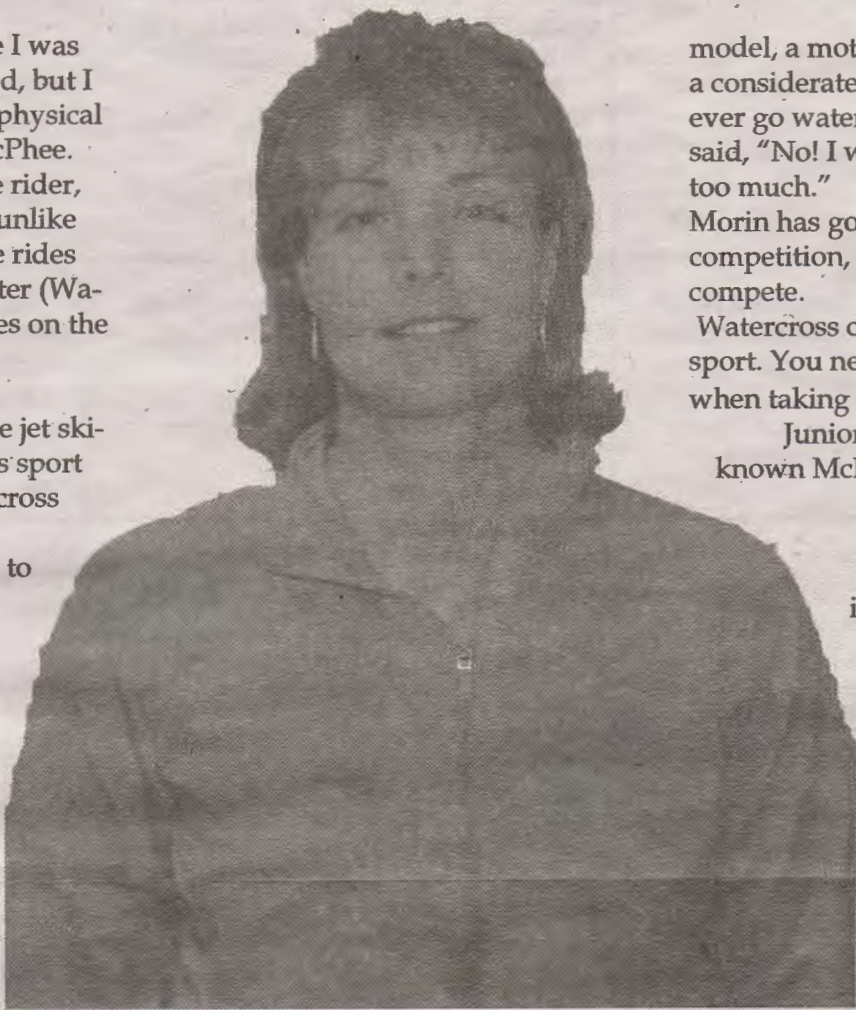
AMY MCPHEE RIDING ON WATER

"My sled hit a rock while I was exiting the water, it stopped, but I didn't," said Oyster River physical education teacher Amy McPhee.

McPhee is a snowmobile rider, but the way she does it, is unlike many others. In the fall she rides her snowmobile across water (Watercross). In winter she rides on the snow.

Watercross is a sport of summer and fall. If you like jet skiing and snowmobiling, this sport could be for you. In Watercross you are gliding across the water on a snowmobile up to 60 MPH.

McPhee has been a snowmobiler for about 25 years now, and has been riding on water for about 7 years. Fellow Physical Education teacher, John Morin has been teaching with McPhee for about eleven years now. Morin said he would describe her as "a positive role



Physical Education teacher Amy McPhee

model, a motivated individual and a considerate person." Morin would ever go watercrossing with her he said, "No! I would fear for my life too much."

Morin has gone to a Watercross competition, but has never seen her compete.

Watercross can be a very dangerous sport. You need to take precautions when taking part in this sport.

Junior Riley Maynard has known McPhee since she the day

she was born. Maynard says, "McPhee is a close friend of the family, She's like my aunt."

"I've never actually seen her race, but it seems fun and I've heard everyone talk about how exhilarating it is." Maynard has never seen McPhee race, but she says, "I saw her take her snowmobile across her pond, and it was crazy."



McPhee riding her snowmobile across water.



Photo Courtesy of Google



Photo Courtesy of Google

Tips for riding on water:

1. Find a lake, pond, or other body of water that is suitable for skipping. (You want a gradually sloping shore for easy starting and stopping.)
2. Warm your snowmobile up before starting
3. Pick a spot to take off from the shore and a clear place on the opposite shore to end.
4. Hold the throttle wide open as soon as you hit the water. (Snowmobiles with less power will want to do this before hitting the water.)
5. Hang on tight. Don't panic. On your first time don't do anything fancy. (Have fun.)

Things you need:

1. Snowmobile
2. Helmet
3. Life Jacket
4. Spectators

Warnings:

1. Always wear a helmet and life-jacket while skipping your snowmobile
2. Never skip alone
3. Always stay away from other boats and people.

APRIL EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			14 4:15PM G VLax Kingswood Regional HS 5:45PM G JVLax Kingswood Regional HS	15 4:00 PM B JVBB St. Thomas Aquinas HS 4:00PM G V TN Bedford High School 4:00PMB V VB Keene High Schod 5:15PM B JV VB Keene High School	16 9:30AM G VLax Merrimack Valley HS 11:00AM G JVLax Merrimack Valley HS
18	19	20 4:00PM B V BB Hollis Brookline HS 4:00PM G V SB Hollis Brookline HS	21 4:00PM B JV BB CBNA	22 4:15PM B VLax Merrimack HS 5:30PM B JV Lax Merrimack HS	23
25 4:00PMB VTN Windham HS 4:15PMB VLax Dover HS 5:30PMB JVLax Dover HS	26 4:00PMB JVBB Sanborn Regional Schools <i>Bridget Regan's Birthday</i>	27 4:00PM G VTN St. Thomas Aquinas HS 4:15PM B VLax Portsmouth HS 5:30PMB JVLax Portsmouth HS	28 4:00PMB JVBB Milford HS	29 4:00PMB VTN Pembroke Academy 4:00PMB VVB Lacornia Christian School 4:15PMB VLax Manchester West	30 11:00AMB V BB Lebanon HS 11:00AM G VSB Lebanon HS

MAY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 4:00PMB JV BB Pelham HS 4:00PMB VTN Trinity 4:00PM B VVB Dover HS 4:30PM G VLax Plymouth HS 5:15PM B JV VB Dover HS	3 4:30PMB JVBB Hanover HS	4 4:00PM G VTN CBNA 4:15PM B VLax Goffstown School District 5:30PM B JVLax Goffstown School District	5 4:00PM B VVB Timberlane HS 5:15PM B JV VB Timberlane HS	6 4:00PM B VBB Souhegan HS 4:00PM G VSB Souhegan HS 4:00PM B VTN Hollis Brookline HS <i>Eryn Daly's Birthday</i>	
9 4:15PM G VLax Pelham HS 5:45PM G JVLax Pelham HS	10 4:00PM G VTN Milford HS 4:00PM B VVB Hollis Brookline HS 5:15PM B JV VB Hollis Brookline HS	11 12:15PM Early Release 4:00PMB VBB Kenrett HS 4:00PM G V SB Kenrett HS 4:00PM G VTN Kenrett HS	12 4:15PM B VLax Bishop Brady HS 5:30PM B JVLax Bishop Brady HS	13 4:00PM B JVBB Portsmouth HS 4:00PMB V VB John Stark HS 5:15PM B JVVB John Stark HS <i>Calvin and Wilson's Birthday</i>	
16 4:00PM V TN Portsmouth HS 4:00PM B VVB Windham HS 4:15PM G VLax Kearsarge HS 5:15PM B JV VB Windham HS 5:45PM G JVLax Kearsarge HS	17 4:15PM B VLax St Thomas Aquinas HS 5:30PMB JVLax St. Thomas Aquinas HS	18 4:00PMB V BB St Thomas Aquinas HS 4:00PM G VSB St. Thomas Aquinas HS 4:15PM G VLax GHS 5:45PM G VLax GHS	19 4:00PM B VTN St. Thomas Aquinas HS	20 Prom	
23 4:15PM G VLax Lacornia HS 5:45PM G JVLax Lacornia HS	24	25 4:00PMB VBB Portsmouth HS 4:00PM G VSB Portsmouth HS	26		